

GET READY to change your life!

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NEWS, VIEWS & REVIEWS

Our expert panel



NUTRITIONAL THERAPIST SALLY-ANN CREED

 the foremost and most experienced LCHF practitioner in South Africa



DR GERHARD SCHOONBEE, GP, has over 40 years of experience, and personal

experience, and personal experience of living LCHF as well as a deep scientific and medical curiosity about the subject



ZOË HARCOMBE

Author of *The Obesity Epidemic: What caused it? How can we stop it?*, five other books and a nutrition blog (zoeharcombe.com), Zoë is a Cambridge graduate who is fascinated by the factors that cause obesity



Come and meet celebrity chef Pete Goffe-Wood at Gallagher Estate from 4–6 March 2016!

Pete will prepare and cook all manner of delicious banting meals and goodies, and you'll be able to meet him and the LOSE IT! team.

Join us – we'd love to see you there!

ne of the best things about banting is that it really doesn't feel like a hardship – not even when everyone else is out there relaxing and having fun. And that's a huge relief in holiday season, because that's when your resolve is really tested.

As any ex-serial dieter will know, holidays used, always, to be accompanied by a sense of impending doom – you knew you were going to give in to temptation and 'break' your diet some time, the only real question was *when* it was going to happen.

It can be difficult to stick to a particular way of eating (even when you know it really works for your body) when everyone else seems to be piling into typical party food like sweet drinks, chips, pretzels and deep-fried pastry goodies. Luckily, we've got you covered: we've got some great suggestions for sparkly, celebratory party drinks, and we've also filled our recipe pages with snacks and treats so delicious that not only will they see you through that tricky party period, but they'll also seriously impress your guests.

The Christmas holidays aren't only about parties, they're also about relaxing outside around a braai with the people you love – and we've got some stunning ideas for you there, too. The trick, as with anything you're committed to, is to view it as a joy rather than a challenge, and Justine's gorgeous recipes make that very easy.

Going out is always a bit more of a concern because you have less control over what's available, so we put together an 8-step guide to resisting temptation for just that scenario. Our favourite tip? Don't look at the menu when you go to a restaurant! You're hungry and the descriptions of the dishes are specifically designed to lure you in: it's very hard not to succumb in that situation. Decide what you're going to eat in advance, and stick to that choice – afterwards, you'll be so glad you did.

Wishing you all a happy, delicious and successful Christmas holiday!

'Let's do this!'

Until next time

THE LOSE IT! TEAM

You will probably have heard the World Health Organisation's position on bacon and red meat... but please make sure you read Zoë Harcombe's expert take on page 30. We know where *we* stand!

Please share your success stories, recipes, banting restaurant reviews, tips, questions and concerns with us on info@loseit.co.za, @loseitmag (Twitter and Instagram) and facebook.com/Loseitmag. We look forward to sharing our insights and experiences!

best idea this month

BY: LIESL ROBERTSON

HOW TO CHOOSE THE RIGHT OILS

A fats

Seed oils are off the table – that much we know. But even some of the recommended LCHF oils are not ideal for cooking, and much as we love the taste of coconut oil, it doesn't work with everything. So which fats should we be using for what?

hen it comes to an LCHF diet, canola, sunflower and other seed oils

are strictly forbidden. 'Seed oils are too high in omega-6 fatty acids, which are inflammatory to the body,' explains Nutritional Therapist Sally-Ann Creed. 'We need omega-6 in our diet, but getting too much causes a serious imbalance between omegas 3 and 6.' Seed or vegetable oils have to go through a number of unnatural processes before bottling. They are often heated to extreme temperatures, catalysts are used and the delicate bonds are damaged, making them unstable.

They are heated and treated, but even using the cold-pressed oils will lead to an imbalance between omegas 3 and 6.

But before you start cooking with the oils on the green list, take note: some LCHF-approved oils don't respond well to long, excessive heating and are best suited to drizzling, dressings and lower temperature cooking. All fats have a mixture of three components: saturated, monounsaturated and polyunsaturated fat. When it comes to liquid oils, the best ones

IN OUR SHOPPING TROLLEY

- Lemcke Fine Oils Macadamia Oil (R40 for 250ml), selected retailers
- Lemcke Fine Oils Organic Virgin Coconut Oil (R55 for 250ml), selected retailers
- Credé Natural Oils Extra Virgin Olive Oil (R95,95 for 500ml), find stockists at www.credeoils.com
- Credé Natural Oils Organic Odourless Coconut Oil (R65,95 for 500ml), find stockists at www.credeoils.com
- Westfalia Avocado Oil Plain (R36,99 for 250ml), selected retailers
- Melfort Lard and Tallow (R66,99 for 250ml), find stockists at www.melfort.co.za
- Melfort Duck Fat (R83,99 for 250ml), find stockists at www.melfort.co.za
- Kerrygold Unsalted Butter (R39,95 for 250g), selected retailers

are those that are (a) properly cold-pressed, and (b) have the lowest amount of polyunsaturated fat. Olive and macadamia oil have a very similar profile and may be heated for a fair amount of time, but exposing them to smokingly high temperatures for a long time will damage them. Saturated fat in which the carbon atoms in the molecule are filled to maximum capacity with hydrogen atoms - is excellent for cooking because its structure doesn't change.

So, which oils can take the heat and which are for the salad bar?

DRIZZLING, DRESSING & LIGHT-HEAT FATS

'The best liquid oils to use are macadamia, avocado and extra virgin olive oil,' says Sally-Ann. 'You can heat them at a lower temperature and not for too long, or use them in salads and mayos. They must be in a glass jar or bottle so that the oil doesn't become contaminated by cheap plastics.'

MACADAMIA OIL

This mild, buttery nut oil is high in heart-healthy monounsaturated fatty acids (more than olive oil!) and has an extremely low omega-6 content (the lowest of all traditional cooking oils, next to coconut oil), making it very stable. It's inherently fatty, so extracting oil doesn't require a lot of complex processing - a good quality oil will be merely cold-pressed. It also contains significant amounts of magnesium, manganese, thiamine, copper and iron, as well as natural antioxidants and palmitoleic acid, which aids fat metabolism. Keep it in a cool, dark place.

Use it for... salad dressings, sauces, vinaigrettes, light sautéeing and stir-frying, and making mayo. It's also a good moisturiser, as palmitoleic acid is found in the sebum of our skin.

AVOCADO OIL

A great source of monounsaturated fatty acids and vitamin E, avocado oil also helps to promote the absorption of carotenoids and other nutrients, as do all fats. Use it for... salads, or add to raw foods and even juices.

OLIVE OIL

Rich in antioxidants and monounsaturated fatty acids, olive oil helps reduce the risk of heart disease and high blood pressure. Buy extra virgin, cold-pressed. Use it for... salad dressings, savoury juices and smoothies.

SAFE-TO-HEAT FATS

When it comes to cooking at high temperatures, your granny probably had the right idea. 'Besides the banting staple virgin coconut oil, the stable oils for heating are real butter, lard, duck fat, ghee, goose fat and dripping from your roasts or bacon,' says Sally-Ann.

BUTTER

Creamy and delicious, it's packed with vitamins K2, A and D, zinc, copper, manganese, chromium, selenium and iodine. It also supports immune function and protects the stomach from gastrointestinal infection.

Use it for... just about anything.

ANIMAL FATS

According to Tinashe Motsi, owner of Melfort artisanal cooking fats, animal fats enhance flavour and add depth and character to food. They improve immune function and calcium absorption, and help the body synthesise essential fatty acids. They are also a rich source of fat-soluble vitamins.

Use them for... frying, searing and roasting almost anything. Or use them as a spread instead of butter. Remember to store them in glass if you make your own.

COCONUT OIL

A natural, heart-healthy saturated plant fat, coconut oil is ideal for cooking. It has a lower smoking point than other oils and is stable at high temperatures. In addition, it's packed with health benefits: it increases cell sensitivity to insulin, it's a powerful anti-fungal, it improves your body's absorption of the fat-soluble vitamins A, D and E, it's an immune stimulant and it soothes the intestinal tract. Always buy virgin, organic coconut oil. If you're not a fan of its distinctive taste, try refined, 'odourless' coconut oil. 'As long as it's in glass and organic, it's fine to use "deflavoured" coconut oil,' says Sally-Ann. Credé Natural Oils Organic Odourless Coconut Oil is certified and has been refined without the use of chemicals.

Use it for.. baking, frying, desserts, shakes and smoothies. ■

team favourite!

TOMATO SALAD DRESSING **SERVES 4**

- ½ clove garlic, minced
- 1 tsp dijon mustard
- 1 tsp fresh lemon juice
- 1/3 cup extra virgin olive oil
- himalayan salt and black pepper
- 4 rosa tomatoes, finely chopped
- 2g chives, finely chopped
- 1. Place the garlic, mustard and lemon juice in a jug and stir well to combine.
- 2. Slowly whisk in the olive oil, then whisk well until emulsified, season to taste and whisk again.
- 3. Add the tomatoes and chives and gently stir to combine.
- 4. To serve: Serve immediately, drizzled over salad.



the family that LOST 168KG COMBINED

SAM AND JONITA HEARN AND THEIR TWO DAUGHTERS, NINETTE AND BIANCA, HAVE LOST NEARLY 168KG AS A FAMILY!

before





he Hearn family were simply fed up with trying to lose weight. The household of four had tried numerous diets, but nothing had worked for them. 'We either ended up starving ourselves or eating tasteless food,' recalls 40-yearold Jonita, mother to teenagers Ninette (18) and Bianca (16). But their need to lose weight became critical when her husband Sam (44) was diagnosed with biventricular heart failure in 2012; a condition caused by his obesity.

While Sam weighed in at well over 200kg (their scale couldn't register anything above this), Jonita clocked 198kg - and, already weighing 119.2kg and 130.8kg respectively, it looked as if Ninette and Bianca would also be plagued with health issues later in life if they did not act soon. Jonita started searching for a sustainable solution that would work for the entire family, and discovered LCHF. 'When I read Real Meal Revolution, it was like a light bulb went on. I realised what had been going on with my body since childhood,' she recalls. Sam took some convincing initially, however. 'Because of my heart problems, I didn't want to jump into anything too quickly. I said to Jonita, "How can we not eat bread for lunch?"' He decided to research LCHF in earnest before making a decision and was surprised by what he found out. 'I realised that we are told that

'It's incredible to see how much weight I've lost, with so little effort and in such a short time.'

before

JONITA AND
NINETTE'S
COMBINED
WEIGHT
BEFORE
LCHF WAS
OVER 300KG.

NINETTE HAS
LOST 27.3KG

saturated fat is a heart killer, but I couldn't find a single piece of research that proved saturated fat caused heart disease. Yes, there are lots of theories, but there's nothing concrete.' So the Hearns began banting in June 2013, and just over two years later, at the family's latest weigh-in ('something that's become a Sunday ritual,' says Jonita), Sam's weight loss was 44.7kg, Jonita's was 58.3kg, Ninette's was 27.3kg and Bianca's was 37.3kg. '...and we're not done yet!' says Sam proudly.

To lose a combined 168kg was not easy, says Jonita. 'I want others to understand our journey because it's one thing for someone who needs to lose 15kg, but it's another thing entirely for someone who needs to lose 115kg,' she says. The improvements in Sam's health have been encouraging. 'It's incredible to see how much weight I've lost, with so little effort and in such a short time,' he says. 'It took me years to build up all this mass and to see it melt away is mind-boggling.' Although his

heart has permanent damage and he has to breathe with the aid of a



provement in Sam's mobility has been life-changing. 'Most times I used to walk to the bathroom, a distance of only 10 metres, I felt as if I was going to pass out. I'd have to hold on to something till the light-headedness passed. But a few months into LCHF, I could walk around the supermarket with my wife - that's how much has changed,' says Sam. While Jonita concedes Sam is 'not walking blocks and blocks around the neighbourhood', she is pleased with his progress. For her, the results have been equally rewarding. She used to have to sit to do the household ironing 'because my back just couldn't handle my weight', but she says the biggest bonus with banting is that she can lose weight 'without feeling hungry the whole time'.

Sam and Jonita have also been able to stop taking medication for the indigestion and joint pain that plagued them in the past. But it's been watching her daughters' transformations, both physical and emotional, that has been most heartwarming for Jonita. She says the girls now love shopping for clothes, whereas before, they struggled to find fashionable items that fitted. Ninette agrees that the dramatic weight loss has given her confidence. 'My friends are very supportive of me trying to lose weight. They're constantly complimenting me. It's given me a huge boost,' she says. Her only recent concern was that her end-of-vear school dance dress would not fit her. 'I tried it on just before my matric ball, so we could see how much smaller it needed to be made to fit me, and I was shocked. We were worried that they wouldn't be able to make all

Because of LCHF I can now...

'Wear jeans with a zipper – for the first time in 18 years!'

– Jonita

'Jog almost 2km during our physical education lesson at school. Before LCHF, I probably would've passed out.'

– Bianca

'Enjoy cooking again. I've always loved cooking and it's so much better now that I can try new things with LCHF recipes.'

– Ninette

'Stand and braai with my family.
Before I lost all this weight, all I
could do was sit and watch.'

– Sam

the adjustments – I had lost *that* much weight,' she says. Bianca's self-esteem has also been boosted, Jonita says, and she is now a much happier teen. 'I'm a lot less moody,' confesses Bianca. 'I used to be grumpy all the time, but now I'm happy. Weight affects your hormones, so I know that's why I feel better. And it's also because I feel more comfortable being myself now.'

What about the future? 'Even after we've reached our goal weights, we're never going to eat the way we used to,' says Jonita. Sam, too, is committed to the LCHF lifestyle. 'We've discovered nice food alternatives. At a braai, Jonita now makes a delicious cauliflower and broccoli salad, and a potato salad doesn't come close to it.'





This **tasty**, banting-friendly, low carb product range is gluten-free and specifically developed for individuals who are:

- Weight-conscious
- Gluten-intolerant
- Banters
- Health-conscious
- Sugar-free

These breads are perfect for lunch boxes and to enjoy at any other time. All the products are ready to eat and is available in Back2Basics Seed Loaf 350g; Back2Basics Mini Seed Loafs and Back2Basics Seed Rolls 4x90. **Enjoy!**



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health

BY: ANNA RICH

LCHF NEWS

What people are talking about right now...

BUYING INTO HEALTH

Who would have thought that companies like Coca-Cola and Pepsi would ever consider selling yoghurt? They're competing to invest in Greek yoghurt maker, Chobani. Why? Well, sales figures for fizzy drinks are, shall we say, fizzling out. A sure sign that we're all getting the message!

Just add water...

Half a litre, half an hour before brekkie, lunch and supper is a great prescription for helping your weight loss along. In a small study published recently in the journal *Obesity*, those who did this lost 4.3kg on average.





A sizeable problem

A couple of decades ago it was easier to stay slim. According to research published in the Obesity Research & Clinical Practice journal, even when following the same diet and exercise routine, we'll weigh in at a couple of BMI points higher than our moms did. The researchers aren't sure why, but they speculate that our gut bacteria profile might have changed, that chemicals in food packaging, pesticides and flame retardants might be affecting our weight-regulating hormones, that prescription drugs like antidepressants could cause weight gain, and that hormones and antibiotics used to treat livestock could be a factor too.

'We've got to get medieval on this stuff…'

...said Jamie Oliver,

when he addressed a health select committee in the UK about the dangers of sugar. His suggestions? A 20 percent sugar tax on fizzy drinks, that sugar content on labels be measured in teaspoons and that sales of energy drinks to children be banned. We should work out who is running the country,' he said. Is it businesses — who are profiting from ill-health in our country — or is it us?' A good question, since his suggestions were ignored. Diabetes rates in the UK have increased by 60 percent in the last 10 years.

TEXT: WWW.WEBMD.COM, TIME.COM, QUARTZ.COM. PHOTOGRAPHS: GALLO IMAGES/GETTY IMAGES, ANÈL VAN DER MERWE

WITH: NUTRITIONAL THERAPIST SALLY-ANN CREED

'What's a good LCHF

alternative to a protein shake?'

AND 5 OTHER READER **QUESTIONS FOR SALLY-ANN CREED**

Q: *I've been trying to stay in ketosis* for a while now, but I've recently found that I'm feeling listless and my weight loss has slowed. Can it be dangerous to be in ketosis for too long?

A: Personally, I believe it is unnecessary to be in ketosis constantly unless you are a serious diabetic. Being in ketosis for an extended time can interfere with thyroid function, and it may be that you need to get this checked out. It doesn't happen to everyone, but this may be the cause of your fatigue.

Q: *In the Q&A in LOSE IT! 9, you talk about* IGF-1 and the link to eczema. I've had a dry, red rash for the past nine months and also find that I am tired all day. I have slightly high cholesterol, but don't take any blood sugar medication. Could this have something to do with IGF-1 or having too much dairy?

A: Absolutely! You need to stop all dairy, and the eczema should heal. But it must be done properly cold-turkey style. Not a molecule of dairy should be consumed to have this result. It may also take up to



three months to clear, so you need to keep at it to see if this is what is causing the condition. Cut out grains and sugars too, as they contribute to eczema. Regarding the fatigue, it is likely caused by high blood sugar, blood sugar dysregulation or high insulin, so paying attention to your diet is crucial. Quitting dairy will also help with this, as dairy products spike blood sugar and insulin disproportionately.

Q: *I* use a superfood mix in my morning smoothie. It contains chia seeds, cacao, maca root, lúcuma, baobab and hemp seeds. Is this mix suitable for banting?

A: The chia seeds and cacao are good and whole hemp seeds are fine, but stay away from the powder. Lúcuma is high in carbs at 13g/100g and it contains no fibre, and maca is far worse at 71g/100g. I'm not aware of the benefits of baobab. I think that many 'superfoods' are simply marketed as this without actually delivering on the nutrition true superfoods contain. They are also often processed, high in carbs and not readily available as a resource. LCHF is about real, sustainable food. True superfoods are readily available

and include single ingredient foods like broccoli, liver, eggs, spinach, red meat, fish, game and all green vegetables.

Q: I know I should only eat till I am satisfied, but I still struggle to stick to small portions. Does LCHF/banting promote portion control for weight loss?

A: No, but you also shouldn't pile your plate with food or have seconds. Try sitting down when you eat, and chew your food well before swallowing. This should help. Don't forget to eat decent amounts of protein and fat, lots of greens and some salad ingredients – it's very hard to overeat on vegetables!

Q: I've switched to LCHF, but I miss my protein shakes! Is there another option you could recommend? If not, what's an alternative to get that protein boost?

A: You could try whey protein or raw egg yolks: add ice, some coconut oil, nut butter and a few blueberries. That would be delicious!

Q: Can I drink bottled sparkling water on banting? And can I make my own soda water using my Sodastream?

A: Yes, sparkling water is quite safe, as is using a Sodastream. Use a glass or stainless steel bottle if you can, as some plastic bottles leach chemicals. You want to avoid fizzy drinks that contain phosphoric acid − that's the harmful fizz. ■



BY: SANDRA PARMEE

Ways to RESIST temptation

Just can't say no? We hear you! With so many holiday temptations twinkling at you it's hard not to surrender to them. Here are our top tips for coping.

tarting out on your banting journey is exciting. You've read the science, you're inspired by others' success stories and pumped with motivation. Then one day you're walking past Vida e Caffè, and before you know it, you're sinking your teeth into a soft pastry. What

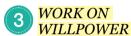
happened to your willpower? Who knows why you 'gave in'? The list of factors that can sabotage your eating plan is endless. It's more useful to think about what you *can* do when temptation strikes, and how to take back control.

1 ALWAYS KEEP YOUR GOALS IN MIND

The secret to successfully reaching your objectives starts with establishing your motivation for change and setting yourself clear, attainable and motivating goals, says Roy Baumeister, professor of psychology at Florida State University. So next time you get into a tug of war with a croissant, remind yourself what your reasons for losing weight were. It can also help to practise a bit of tough love – tell yourself that if you continue to gain weight, you could face a host of health issues.

2 LET GO OF WHAT YOU CAN'T CONTROL

We use willpower for everything, from stopping ourselves from snapping at a colleague to tidying the kitchen before going to bed. But Baumeister says willpower is a limited resource that can be exhausted if we use it too often. So you need to save it for what is really important to you. Make a list of things that tend to take up a lot of your energy, then ditch the ones that aren't an immediate priority. Also, cut out as many decisions as you can. If you set a time to go to gym, stick to it. Following a meal plan means you don't need to decide what to cook when you get home from work. By making these actions nonnegotiables you no longer have to make decisions about them, freeing up energy for what matters.



Having said that, Baumeister's research also reveals that will-power is like a muscle that can be strengthened with practice. And, says Kelly McGonigal, health psychologist and lecturer at Stanford, 'Committing to small, consistent acts of willpower in any domain ... can increase overall willpower'. Do you have unpaid bills or credit card debt? Do you tend to overspend when you shop? If you get these things under control, it can have a ripple effect in your life as a whole.



REWARD YOURSELF FIRST

We're used to the idea that we should first achieve a goal and only then reward ourselves – with, say, a shopping trip, or whatever it is that makes us happy. 'It might be an even better idea to reward ourselves first, and use the mood boost to follow through,' writes McGonigal. Being in a good mood is crucial for being able to exert self-control: it's when we feel down

that we find it most difficult to turn down carby comfort food.

6 GET ENOUGH SLEEP
People who are chronically

sleep-deprived may feel hungrier and crave high-carb foods more, says research in *The American Journal of Clinical Nutrition*. Plus, Baumeister's research suggests that sleep restores depleted willpower. Willpower is not all 'in the mind', it's linked to our bodies – and our bodies have certain needs. Aim for seven to nine hours of sleep a night. In addition, stress depletes willpower. The takeout message? Less stress and more sleep fuels your willpower.

6 SMALL TWEAKS CAN MAKE A BIG DIFFERENCE

American physician and writer Dr Alex Lickerman says that we should decrease the effort required for us to do the desired behaviour, while increasing the effort we would need for the undesired behaviour. It could be as simple as moving your treadmill from the garage to your living room, he says, since even the tiny effort required to walk out to the treadmill could be putting you off exercising. The same goes for food. Keep healthy snacks within easy reach, and don't keep cash on you, for example, so it's not as easy to pop down to the bakery or to give a colleague money to buy you a pie for lunch.



Lickerman believes the key to resisting temptation isn't willpower. Instead, he says, we need to distract ourselves – with the most distracting thing there is – another pleasure, preferably one that engages our emotions, like watching a film, or taking a hot bath, or calling an old friend. He suggests you plan your distraction beforehand: know exactly what you will use to engage yourself when temptation hits.



Mental training consultant Dr Aimee Kimball says social support is vital to developing willpower. Try banting with a friend, or join LTL (Ladies that LCHF), our online forum where you'll find loads of support (www.loseit.co.za/ course/ladies-that-lchf-ltl/). ■

FIVE TRIED-AND-TESTED AVOIDANCE STRATEGIES

- **1.** If you're going out to a party or to dinner, eat first: it's much easier to make the right choices when you're not hungry.
- **2.** If you're going to a restaurant, don't look at the menu they're designed to sound tempting! Instead, choose a salad and a steak or just a salad. Most restaurants will have at least one of those.
- **3.** Carry banting snacks in your handbag: a small bag of nuts, a bit of biltong or even a couple of hardboiled eggs in their shells are a great alternative to sausage rolls or samoosas!
- **4.** Drink a lot of water it will make you feel full.
- **5.** Don't drink too much alcohol: you reach the 'what the hell' stage more quickly when you've been drinking.

WITH NUTRITIONAL THERAPIST: SALLY-ANN CREED

All about HEARTBURN GORD STACIO REFLUX Ouch! These uncomfortable

Ouch! These uncomfortable conditions can really take the joy out of eating. But by adopting some lifestyle and diet changes you can heal your gut and prevent 'the burn'.

ost of us are familiar with the burning sensation that follows a bit of overindulgence, or after eating something that doesn't agree with us. But when this occurs on a regular basis, or with such severity that you think you might be having a heart attack, you obviously need to do something about it. 'Acid indigestion', 'acid reflux', 'gastrooesophageal reflux disease or GORD/GERD' are different names for the same underlying uncomfortable condition – it just depends on how severely it hits you to determine which label you give it.

Essentially, what happens is that stomach acid (hydrochloric acid or HCL) travels from the acidic environment of the stomach to the less acidic medium of the oesophagus, causing a burning sensation. The lining of the stomach is protected from its own acid, but the upper digestive tract is not. In some cases, the acid travels as far as the throat, leading to coughing, or wheezing in rare cases. The severity of the sensation ranges from uncomfortable to agonising.

WHAT'S BEHIND THE BURN?

You can blame it on 'sphincter failure'. A little ring of muscle called the gastro-oesophageal sphincter (it lies between the oesophagus and the stomach) is supposed to act as a one-way valve, preventing the contents of the stomach from flowing backwards into the oesophagus.

There are several reasons the sphincter might not work properly. Most common are:

- **Tight clothing** can cause pressure, forcing food back up the oesophagus.
- **Pregnancy** heartburn is a common niggle in pregnancy, caused by the foetus pressing on the stomach.
- Eating too much food at one sitting; eating regular, large meals; eating



meals too close together, or constant snacking. All of these don't allow adequate time for the complete digestion of one meal before the next one is consumed. Eating late at night, or going to bed before your meal has been digested, can have a similar effect.

The combination of chemicals, sugar, sweeteners and bubbles in fizzy soft drinks can cause an acidic sensation. The air in the drink can also travel back up into the oesophagus. When you're washing down a food made with grain, such as pizza or bread, it can set you up for this problem (grains are notorious for causing heartburn.

Consuming alcohol with a meal can cause the stomach to take longer to empty, especially in those with low levels of stomach acid.

6 Ingesting too much sugar can cause gastritis over the long term, which in turn progresses to GORD.

Food intolerances (dairy and wheat being the main culprits).

Other contributing factors include smoking, obesity, various medications, excessive salt intake, long or short-term severe dehydration, and low fibre intake. Having a hiatus hernia, too little stomach acid, or a bacterium called helicobacter pylori can all be contributing factors. The cause may also be idiopathic (no known reason), but stress or emotional issues could play a part. The condition is almost always caused by poor dietary habits, and/or when there is too little stomach acid present, and the symptoms manifest in the same way in both cases.

FINDING THE CAUSE

Heartburn and reflux are labelled as GORD when symptoms occur regularly (more than twice a week). To prevent the condition, drugs called proton pump inhibitors (PPIs) are frequently used to reduce the acid in the stomach. Clearly, this is not the answer for a chronic condition, but PPIs may bring relief in the short term, if the symptoms are debilitating.

In most cases, it's not ideal to reduce the level of stomach acid – it's supposed to be very strong (almost as tough as battery acid) in order to efficiently digest our food. But this acid has other essential functions in the body too. It assists in the bone-building process and protects against pathogens (such as bacteria and viruses) ingested in our food and water. Because it has such powerful antibacterial properties, neutralising it with drugs can cause other health problems to develop.

Proteins cannot be properly broken down without stomach acid, and low levels eventually cause protein deficiency. To compensate, the body takes protein from the bones and joints to the areas where it is needed, culminating in arthritis and osteoporosis. The digestion and absorption of calcium is also compromised, resulting in muscle cramps and osteoporosis. And perhaps the most uncomfortable result is gas! If there isn't enough HCL in the stomach, gas-forming bacteria multiply.

COULD HELICOBACTER PYLORI BE THE CAUSE?

If you have suffered with any of these conditions for a long time, vou could have helicobacter pylori, a bacterium that can also cause stomach ulcers. A standard blood or stool test will confirm if you have the bacterium. Although for years the existence of H.pylori was written off as a fad by the medical fraternity, it's now regarded as a treatable medical condition. Many people will be asymptomatic, others will suffer terribly. If you have H.pylori you may experience abdominal pain or burning (often worse with an empty stomach), nausea, loss of appetite, frequent burping, vomiting, reflux, bad breath, bloating, unintentional weight loss and irritable bowel syndrome.

Antibiotics are the allopathic way to clear the bacterium, but they are not always successful, and often a cocktail of antibiotics is needed to make even just a dent in the condition, which frequently recurs anyway. However, there are natural ways to eradicate this bacterium which are more successful in the long term and may even prevent you from contracting the bacterium in the first place.

They include consumption of:

- · extra virgin olive oil
- mastic gum (it comes in a tablet form, but can be chewed)
- xvlitol
- high-dose probiotics
- digestive enzymes.

In most cases, it's not ideal to reduce the level of stomach acid – it's supposed to be very strong (almost as tough as battery acid) in order to efficiently digest our food

• Zinc also helps to heal the gut lining and encourages and normalises stomach acid. A nutritional therapist can also put you on specific herbal treatments that can benefit you.

CAN 'THE ALKALINE DIET' HELP?

You may have heard of following 'The Alkaline Diet' to treat GORD, but be warned – the diet is unscientific and physiologically bad for you. If you've fallen for it, you may need to 'reset' your stomach acid. Do this by beginning your meal by eating protein. The protein 'uses' the stomach acid that is released first and is also the strongest. By doing this, you won't 'waste' your initial stomach acid on salads, which may not need it as much for optimum

digestion. By the time the other food arrives on top of the protein, there is usually still sufficient HCL to digest it, so it's a good idea to eat your salad or veggies either with, or after, eating protein, until your stomach acid has recovered sufficiently. You could also try taking an HCL supplement (called betaine hydrochloride) after meals and see if you find relief.

ALL ABOUT BALANCE

Once you're 'healed', what's the best way forward? Take a good quality digestive enzyme supplement to break down any undigested food. Look for one that contains pepsin and betaine HCL.

Other ways to keep bacteria in check, and gently encourage stomach acid, include:

- Eating fermented foods like sauerkraut regularly
- Eating bone broth (not bone stock) regularly this is a great, all-round gut-healer
- Drinking enough water daily
- Consuming organic apple cider vinegar with your meals
- Taking swedish bitters before a meal
- 6 Avoiding foods that cause reflux and other digestive problems, like wheat, dairy, sugar and seed oils.

Based on these recommendations, LCHF is the perfect lifestyle eating plan for those suffering from reflux or GORD. Even serious sufferers usually find that their symptoms clear within 12 to 48 hours on an LCHF diet. ■

New kids on the block.



Try our new additions to our ready-made guacamole family!

Introducing our new variants – Biltong Flavoured and Sweet Chilli Salsa. Naturally cholesterol-free, made from locally grown Hass avocado's and nothing but the good stuff!





WITH: DR SCHOONBEE

'What do my cholesterol

results mean?'

AND 9 MORE QUESTIONS ABOUT CHOLESTEROL FOR DR SCHOONBEE

Q: What is cholesterol?

A: Cholesterol is a unique molecule found in the body and it plays a very important role in the structure and working of all cells. Attached to protein molecules, it forms part of most cell walls and is responsible for maintaining and protecting them from 'drying out'. Cholesterol is not a fat and it is not derived from fats, but because it isn't water soluble and needs the same transport system as fats in the blood, it is often mislabelled as a fat.



A: No, the body needs cholesterol to remain healthy. It plays a crucial role in fighting off infections. It also plays an important role in the synthesis of vitamin D, sex hormones, bile and bile salts. In the brain, cholesterol is needed for synapse formation and several other metabolic functions.

Q: If I stop eating foods containing cholesterol, will I rid my body of it?

A: No, all cells in the body (except neurons, which are nerve cells) have the ability to produce cholesterol, but



60 percent of all cholesterol in the body is synthesised in the liver. The brain is responsible for its own cholesterol synthesis, and 20 percent of the body's cholesterol can be found in the brain.

Q: I've heard of 'good' cholesterol. What is this?

A: HDL (high-density lipoprotein) is a purpose-built molecule that acts as a scavenger and collects all surplus cholesterol from the cells and the inside lining of the blood vessels. It then trans-

ports the excess cholesterol back to the liver where it can be transformed into bile and bile salts.

Q: My blood result mentioned 'triglycerides'. What are these?

A: Triglycerides are the major form of fat in the blood and also the way in which fats are stored in the body. All non-water-soluble molecules (such as cholesterol, triglycerides, phospholipids and the fat-soluble vitamins A, D, E and K) need specially designed vehicles (let's call them 'taxis') to transport them in the blood. These taxis are called lipoproteins and are designed for specific functions, and they also come in different

sizes. When you see 'triglycerides' on your blood result, it is actually the VLDL (very-low-density lipoprotein) that has been measured. VLDL transports triglycerides from the liver to the fat and muscles where they will be used for energy, or stored for future use.

Q: What if my triglyceride levels are high?

A: High triglyceride levels can be a sign of metabolic syndrome. The levels can be reduced by eating fewer carbohydrates.

Q: What is 'bad' cholesterol?

A: Once the VLDL taxi has delivered a lot of its triglycerides, it becomes an IDL (intermediatedensity lipoprotein) taxi, which carries the remaining triglycerides and cholesterol. This IDL is then transformed into an LDL (low-density lipoprotein). The LDL taxi attaches to LDL receptors to deliver fat-soluble molecules, essential building blocks and nutrients to the cells of the body. The size of the LDL taxi depends on how many cholesterol molecules and triglycerides etc it is carrying. It is the smaller LDL taxis - called small, dense LDL (sdLDL) - that are actually the dangerous form of LDL. Unfortunately, sdLDL circulates in the bloodstream for longer and then gets caught up in damaged and inflamed arterial walls, where it plays a part in plaque formation (atheroma) and causes narrowing of the arteries.

Q: Can I be tested for sdLDL?

A: It is possible to measure sdLDL cholesterol, but this test is not readily available in South Africa. However, we can measure triglycerides and HDL, and we know that there is a direct correlation between these measurements and the level of sdLDL in the blood. The lower the triglycerides and the higher the HDL the better, as this indicates lower levels of sdLDL.

Q: What are the effects of banting on cholesterol?

A: Banting essentially affects the taxis. All VLDL levels, measured as triglycerides, will drop dramatically on a low-carb diet. The ideal level is below 1.7 mmol/L, but in most people this could go well below 1.0 mmol/L. The dangerous sdLDL level will decrease in direct relationship to the decrease in triglycerides in the blood. LDL levels may also be affected: in 40 percent of peo-



igh triglyceride levels can be reduced by eating fewer carbohydrates.

ple LDL levels will rise, in 30 percent the levels will stay the same, and in the final 30 percent they will drop. The structure of LDL will also change and become 'fluffier', which is healthier.

Q: What cholesterol numbers should I aim for?

A: Previously, total cholesterol and LDL values were used to predict the risk of coronary artery disease, but a new way of predicting coronary artery disease risk is

now being used, namely the Triglyceride/HDL Cholesterol Ratio (TG/HDL-C). A ratio of less than 0.87 is ideal, while a ratio above 1.74 is too high and a ratio over 2.62 is much too high. ■

Our expert:

Dr Gerhard Schoonbee is a GP and advocate of the LCHF diet as a treatment for metabolic syndrome.

BY: CARYN GOOTKIN

the lowdown on THE OBESITY EPIDEMIC



We live in a world of supersized people. Zoë Harcombe talks real food, why we crave the bad stuff and why Alzheimer's disease is on the rise.

About Zoë Harcombe

Author of *The Obesity Epidemic: What caused it? How can we stop it?*, five other books as well as a nutrition blog (zoeharcombe.com), Zoë is a Cambridge graduate who's fascinated by the factors that cause obesity. She's been on many UK TV programmes, including BBC *Newsnight* and Sky News.

Q: You call yourself a 'real foodie'. What does this mean exactly?

A: I've lost count of the number of interviews in which I've heard the presenter say, 'Butter is good, then it's bad. Fat is bad; then sugar is bad. I'm so confused – I don't know what to believe.' I tell them it's really easy – just eat real food. Fish swim in the sea; fish fingers don't. Cows graze in the field; salami doesn't. Oranges grow on trees; cartons of orange juice don't. That's real food explained. The only debate in nutrition becomes what real food you should eat. And, if we eat to get the nutrients we need for optimal health, we will naturally choose offal, red meat, oily fish, eggs and some greens.

Q: What does an ideal day of food look like?

A: To get all the nutrients we need, we ideally need to eat meat, fish and eggs daily. To take just one mineral and one vitamin as an example, we need approximately 250 grams of steak to get the daily recommended intake of zinc, and 200 grams of tinned sardines (with bones and skin) to get 15mcg of vitamin D. The nutrients we need don't grow on trees. Offal – such as liver – is so nutrient dense that we need only a small amount to make a significant contribution to daily requirements. We should be eating far more organ meats than we are.

Q: Do you advise eating three meals a day?

A: I have a saying – unless you are a cow, or want to be the size of one, stop grazing! How can we eat all day and avoid obesity or type 2 diabetes in the long term? I do, therefore, recommend eating real food a maximum of three times a day, regardless of your current weight and health. I've managed to maintain my weight (50kg/1,56m) easily for approximately 20 years. I know that I can get away with quite a lot of cheating but I have become increasingly aware of eating for health and not just weight. I now watch how often I eat – how often I call upon insulin essentially – to ensure that I maximise my chance of staying diabetes-free for life.

Q: Alzheimer's disease has been described as type 3 diabetes. Please explain.

A: There is a much-cited paper from 2008, which concluded that 'Alzheimer's disease represents a form of diabetes that selectively involves the brain and has molecular and biochemical features that overlap with both T1DM and T2DM.' This just made sense to me. Type 2 diabetes is the body's response to an unnatural carbohydrate intake and insulin stimulus; type 3 diabetes is the brain's response to the same onslaught. The more I read about fatty acids, the more I think that the type 3 diabetes/Alzheimer's issue is about the low-fat mantra, and not just the high-carb aspect of our dietary advice. The brain can't cope with the constant blood glucose injections, surges and insulin release that accompany high-carb food, but the brain also misses the fats.

Q: *Is it true that you eat chocolate every day?*

A: Yes. I follow the diet I created: The Harcombe Diet. I'm in phase 3 (the maintenance phase) and have been for about 20 years. Phase

3 is about not cheating too much, or too often, and

I eat 100g of dark chocolate most days.'

that's where my husband and I are. He prefers to use all his cheating on red wine; I prefer to use mine on very dark chocolate – at least 85 percent; usually 92 percent. I eat 100 grams most days. Phase 3 is all about (non-diabetic) people being able to eat what they want, and what they can get away with. If you do cheat, stick to the fewest ingredients and the best quality food. If I'm skiing in France, there's nothing like a warm buttery croissant and a cappuccino to start the day.

Q: *How is vitamin D linked to cholesterol?*

A: Sunshine synthesises cholesterol in the skin membranes and turns it into vitamin D. In The Obesity Epidemic, I showed that the strongest correlation in the [Ancel Keys] Seven Countries Study was not between cholesterol levels and coronary heart disease (CHD), but between the latitude of the country and CHD. The more northern populations had higher cholesterol levels because they had less sunshine to synthesise cholesterol and turn it into vitamin D. CHD was thus associated with vitamin D. High cholesterol levels were simply an indication that vitamin D levels were low. Vitamin D was the real culprit in CHD - cholesterol was simply a marker. The ultimate irony about the cholesterol nonsense is that we have spent the 45 years since the Seven Countries Study trying to lower cholesterol, which means we can make even less vitamin D (even

if exposed to sunshine) and our general health (not just heart health) has been harmed in so many ways.

Q: What is the role of exercise in weight loss?

A: Doing more exercise is the equal and opposite of simply eating less of the same food. It doesn't work.

Q: Why is junk food so moreish?

A: Real food generally doesn't contain large amounts of fat and sucrose. Real pure fats include oils and lard – nothing moreish about those. Then nature tends to offer fat/protein foods (meat, fish, eggs) or carb/protein foods (fruit, vegetables, starchy things). We are more likely to overeat carb/proteins like fruit and bread than fat/proteins like fish and eggs. There are a few real foods that have fat/protein and carbs in good measure (nuts, seeds, some dairy products). They are moreish to an extent, which is why most banting/LCHF proponents advise caution with them. But they're nothing compared to the fake fat/sugar combination, which manufacturers have spent billions perfecting, and for which we are, in terms of evolution, completely unprepared. ■

See Zoë's take on the WHO, red meat and cancer on page 30.

'I lost 20kg and beat fibromyalgia'

COULD BANTING KEEP YOU YOUNGER FOR LONGER? BIRGITTA HÖGLUND BELIEVES IT'S DONE JUST THAT – AS WELL AS GIVING HER LASTING RELIEF FROM CHRONIC PAIN.

had been working as a professional chef in restaurants for nearly two decades. Then 15 years ago I hurt my back, which effectively ended my career. On top of the injury, which required spinal fusion surgery, I was diagnosed with fibromyalgia. My joints were sore and stiff most of the time and I also struggled with terrible migraines and stomach problems. Tiredness was part of my everyday life. I had to take naps in the afternoon and at night the pain disturbed my sleep. I suffered from dry eyes and mouth, which led to cavities in my teeth. Physically, I was very debilitated; I struggled to walk and manage my daily life. Mentally, I felt extremely

low. I also had brain fog from the pain and medication. I had difficulty remembering things, especially what I'd read in a book or newspaper the day before.

A recipe for health

My weight went up to almost 100kg and I felt stuck. I tried to remain as active as possible and started to look for a solution. I attempted various low-carb diets, including the low-GI diet and the Atkins diet, until I discovered LCHF six years ago when I attended a lecture by physician Dr Annika Dahlqvist, one of the founders of the LCHF movement in Sweden.

Annika told the audience that within a couple of years on the LCHF diet she was free from the

pain and fatigue brought on by fibromyalgia. I hoped it could do the same for me. I decided to change my eating habits completely – from a diet of pasta and sandwiches to an LCHF way of eating. I excluded all unnecessarv carbohydrates like sugar, starches, gluten-containing flours and all other grains from my daily meals. I started to eat more healthy fat, like butter, coconut oil and olive oil. I've never been a sugar junkie; my cravings before were mostly for bread, cookies and pasta. But in a matter of days, that craving disappeared. I was so satiated that I didn't even think about cookies and sandwiches. For the first year on LCHF, I continued to have some berries and cream as a dessert almost every day, but now that happens only on special occasions. I have never liked the taste of sugar substitutes like stevia and erythritol, which has made it easier for me to avoid a lot of LCHF baking. My taste buds have become much more sensitive, so these days I just add a small amount of honey or xylitol



ABOUT DR DAHLQVIST

• Dr Annika Dahlqvist, a physician, is one of the founders of the LCHF movement in Sweden.

- · She suffered from fibromyalgia and Irritable Bowel Syndrome (IBS). In 2004, her daughter, who was studying medicine, came home with impressive results from an experiment they had done using lowcarb diets for weight loss. So Annika tried it herself and had fantastic results. She then tried it with her patients, who had similar success.
- In 2005 two dieticians reported her to the Swedish National Board of Health and Welfare. But three years later scientific evidence proved the benefits of LCHF for overweight and diabetic patients.

when baking cookies. I can now taste the natural sweetness in coconut, vanilla and cream, so extra sweetener isn't necessary.

I also began eating far more vegetables than I had ever eaten before, to complement fish, meat, shellfish and eggs. My diet is now much more natural and varied, and tastes far better without all the additives that are included in most commercially prepared foodstuffs.

Over the last few years I've also cut out most dairy products (except butter) and this has made more root vegetables, but maintained a high level of healthy fats.

Both my partner Lennart and I have become healthier since we cut down on carbohydrates and increased the natural fats in our diet. Lennart was overweight and suffered from high blood pressure. He has lost over 10kg and has been able to taper off his medication for high blood pressure. It also made the eczema on his hands, which he suffered from for many years, disappear.

I dropped about 20kg, my pain disappeared, I had tons more energy, I slept better and I could continue to share my passion for food with the world through my blog, Birgitta Höglunds Paleo, and cookbooks. My back injury meant that I could never work as a chef again, but changing to LCHF gave me a new way to practise my passion. When I started following LCHF I constantly created new recipes and decided to start a blog about my daily meals - both to stay motivated and to remember the recipes I was creating.

As a chef, changing the way I cooked was an adventure. Luckily, I had also never been afraid of fat. My mother cooked using full cream products and butter, and as a chef I did the same. My blog eventually became one of the biggest health and food blogs in Sweden and when I got in touch with Dr Dahlqvist, she suggested we partner to create a cookbook. This resulted in Low Carb High Fat Cooking for Healthy Aging, I share my recipes and food philosophy with the world on my blog because I want to help change lives the way mine was changed.

Turning back the clock

LCHF has an anti-inflammatory effect on the body. Because of the lack of sugar, gluten and other starches, the body starts to heal itself from inflam-

mation – that's the most important reason to start eating like this as you age. Your body's resilience and ability to heal slows down and needs the extra help.

Research shows

THE BEAUTY OF BANTING

Dr Schoonbee talks about the anti-ageing benefits of banting.

- **Skin changes:** The most visible changes take place in the skin. There is an increase in elasticity and suppleness and dry heels, rough elbows, dry flaky skin and pigmentation disappear.
- **Mentally:** People feel more alert, with better memory and the ability to concentrate. There is evidence of a slowdown of the development of Alzheimer's disease and senile dementia.
- **Joints:** Due to the antiinflammatory effects of the low-carb diet, there is less joint pain, swelling and stiffness.
- In patients with metabolic syndrome following the LCHF lifestyle, the normalisation of insulin and glucose levels leads to less oxidation and blood vessel damage. That means less risk of early strokes, heart attacks and kidney failure.

that many of the illnesses that have become so widespread in the Western world as we become older can be reversed or even cured by eating anti-inflammatory and natural food. Type 2 diabetes, cardiovascular disease, allergies, chronic fatigue and fibromyalgia, even cancer, can all be positively affected when you avoid sugar, starches and high amounts of omega-6, and increase natural fats such as omega-3, animal fat and coconut oil.

When you cut down the sugar intake and increase the fat, the blood glucose 'roller coaster' stabilises after just a few days. This makes you less tired in the afternoon, so instead of crashing on the couch because you think it's just part of the ageing process, you get the extra strength to take a walk instead. LCHF has made me feel younger, stronger and revitalised in mind and body.

Going back to basics

My advice is to begin eating the kind of food your mother and grandmother used to cook in your childhood. It's so different from food that comes in a box. Our grandparents' meals were made from natural products grown nearby. Cooking organic vegetables, grass-fed meat, wild-caught fish and pastured eggs with butter and cream brings out all the good flavours.

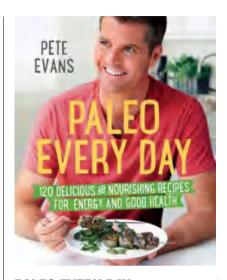
'The body starts to heal itself from inflammation – that's the most important reason to start eating like this as you age.'



BIRGITTA'S RECIPE BOOKS CAN BE PURCHASED IN ENGLISH ON AMAZON

- **1.** Low Carb High Fat Cooking for Healthy Aging: 70 easy and delicious recipes to promote vitality and longevity
- 2. Low Carb High Fat Barbecue: 80 LCHF recipes for summer grilling, sauces, salads and desserts
- **3.** Low Carb High Fat and Paleo Slow Cooking: 60 healthy and delicious LCHF recipes

BY: SANDRA PARMEE AND ANNA RICH



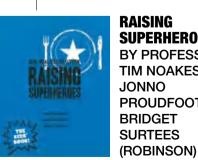
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THE BOOKS AND WEBSITES **EVERYONE'S** TALKING ABOUT **RIGHT NOW** (if they're not 100 percent LCHF. they're pretty close)

> creamy dessert cheeses. The paperback version of this book is a standard price, but if you have an e-reader, you can download it for free! Get it while it lasts...

PALEO EVERY DAY BY PETE EVANS (MACMILLAN)

You'll recognise this Aussie chef and restaurateur from shows like My Restaurant Rules. When Pete Evans stumbled across the paleo way of eating he was won over by the lifestyle changes, and so inspired that he decided to study to become a qualified health coach. Fired up with this new knowledge, Pete dishes up tons of 'back-to-basics' recipes based on a bygone era before we began processing food. From almond and berry pancakes to chia seed puddings, Pete's recipes rely largely on fresh veggies, nuts and seeds, sustainable seafood and meat as ingredients. Yum!



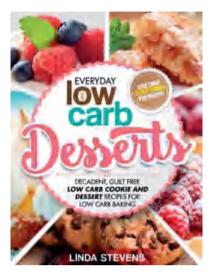
RAISING SUPERHEROES BY PROFESSOR TIM NOAKES. JONNO PROUDFOOT, **BRIDGET SURTEES**

It's a fact: childhood obesity is on the rise. So the question is, what should

we be feeding our kids? Raising Superheroes offers answers to this and other questions, as well as suggestions on everything from food allergies to how to keep ravenous teens away from fast food. The focus here seems to be on real food, rather than LCHF, so ingredients include chickpeas, rice paper, honey, quinoa and quite a bit of fruit (bananas, apples, pears, papaya and dates), in recipes for kids of all ages: babies, toddlers, children and teenagers. There's also a section on what to eat during pregnancy.

EVERYDAY LOW CARB DESSERTS BY LINDA STEVENS (CREATESPACE)

While the LCHF lifestyle advocates that you lose your taste for sweet things, it is still possible to recreate some of your favourite treats and keep the net carb count very low. One of the ways the author achieves this is by going for protein-rich options, which 'keep your blood sugar and metabolism regulated'. Many of her low-carb desserts take advantage of this by including protein-rich nut flours, eggs and



the diet doctor

The original version of founder Andreas Eenfeldt's website quickly became the biggest health blog in Sweden. The English version has 25 000 hits per day and millions of visitors on the YouTube channel. It's simple and easy to navigate, with sections on 'how to lose weight', 'LCHF for beginners', 'normalising BS' as well as a daily blog, success stories and recipes. If you just can't get enough of all things LCHF - or want further reinforcement - it's definitely worth a browse. We particularly enjoyed the videos from LCHF experts like Dr Stephen Phinney and Dr Eric Westman. If you opt for the \$9 membership, there's additional content and extended access to expert interviews.

www.dietdoctor.com

SUPPLIED PHOTOGRAPHS:

BY NUTRITIONAL THERAPIST: SALLY-ANN CREED

PROBLEM WITH SWEETNESS

Sugar.

of rewards, treats and special occasions, and from the minute we're born we're exposed to it – starting a lifetime love affair with the taste of sweetness. About 7.2 percent of breastmilk is composed of carbohydrates in the form of lactose (a disaccharide sugar), and this ramps up to 12 percent in cow's milk.

While we're wired to love it, sugar poses a risk to our health. And it's not just sugar in granular form – sugar is hidden in almost every food product we buy these days, whether it's sweet or savoury. Even an ordinary loaf of bread is high in added sugar. Take a piece of bread, chew it well for a minute and you will discover how sweet it tastes as your salivary amylase breaks the starches down into simple sugars. Not only that, all carbohydrates are converted to

What's tiny and tastes like heaven? That's right – sugar. So it's no wonder we all love and crave it. But if you're switching to an LCHF/banting lifestyle, it's time to call it quits on the sweet stuff. Here's why and how...

glucose in the body, and starchy foods rapidly raise glucose levels in the bloodstream, which is why it's so important to restrict your starch intake.

Something to consider when deciding how much sugar to include in your diet is what your blood sugar and insulin levels are.

The following are good reasons to banish sugar from your diet forever:

......

- You're diabetic (if so, sugar is the kiss of death for you).
- You have high glucose and/ or insulin blood readings and your HbA1c (glycated haemoglobin) level is over 5–5.5.

- You have been diagnosed as insulin resistant or have polycystic ovarian syndrome.
- You have developed a tyre of fat around your middle.
- You are at risk of Alzheimer's Disease or cancer, or you are suffering from cancer.
- 6 You are asthmatic, have cardiovascular disease or any other serious illness.
- You have arthritis or any other form of inflammatory disease.
- 8 You feel you cannot live without sugar.

TAKING STOCK OF SUGAR

It has been estimated that sugar consumption per person in the

USA has risen from 6.6kg per year in 1700, to 356kg per year in 2012, and I'm convinced it is even higher today. Grains spike blood sugar levels even more than refined sugar does, and look at how much grain we eat in the modern diet!

You may already be avoiding white sugar, but because it's hidden in so many of the foods we eat, you could be ingesting high amounts every day without even realising it. Let's look at an average breakfast... Check the carb count on your favourite breakfast cereal, which may have a conservative 12g of carbs per 4og serving. These carbs are broken down into sugar in the body, with 4g of carbs = one teaspoon of sugar. So the 12g of carbs in your

breakfast cereal will be equal to three teaspoons of sugar. Based on this formula, this is what a 'normal' breakfast's sugar count could look like.

THE SUGAR IN AN AVERAGE CHILD'S BREAKFAST...

1 x 50g bowl popular children's

breakfast cereal = 7.75 tsp

½ cup milk = 2 tsp

added sugar = 1 tsp

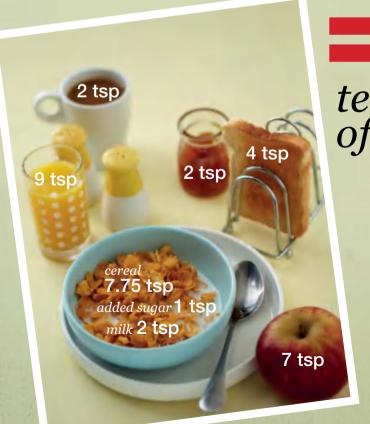
1 slice toast = 4 tsp

1 tsp apricot jam = 2 tsp

1 x 28g red apple = 7 tsp

1 orange juice, or similar drink = 9 tsp cup of coffee with ¼ cup milk and 1 tsp sugar = 2 tsp This means this breakfast alone would contain about 35 teaspoons of sugar! If 100g of a popular flake cereal was served, the first reading would be a whopping 25 teaspoons, taking the total up to about 52 teaspoons.

Now, what if your child kicks off the day with this and then has a soft drink, an energy bar and a muffin for their morning snack at school? This could very easily make up another 31–37 teaspoons of sugar, bringing their intake in one morning to anywhere between 66 and 89 teaspoons of sugar. Is it



teaspoons of sugar!

any wonder that ADHD and learning disorders are rife?

An alternative breakfast of a couple of eggs, a few rashers of bacon, two cherry tomatoes, spinach, coffee with cream and no sugar is about 5–6g of carbs, which is equivalent to about 1.5 teaspoons of sugar. This is slow release and would keep you full for up to six hours, whereas the first breakfast would have you starving again two hours later.

SUGAR ADDICTION

Sugar addiction is psychological, rather than physical, but I believe that for some people, sugar may be as addictive as cocaine. Refined white sugar is stripped of all nutritional value. It has no vitamins or minerals, no protein, fibre or fat. It is 100 percent carbohydrate. Furthermore, sugar is often genetically modified (GM).

Sugar goes by many names you need to be familiar with so as not to get caught. Don't be fooled by coconut sugar, rapadura sugar, organic sugar – they all have the same effect on blood sugar and insulin. Brown sugar, evaporated cane juice, raw sugar – it doesn't matter, sugar is sugar is sugar.

Honey has some nutritional value and is arguably the most 'natural', but it will also produce an insulin and glucose spike, so use it sparingly and infrequently. And don't be fooled by the hype around fructose and agave being 'natural'. Fructose in any form is inflammatory and can cause weight gain.

THE SAFE WAY TO A SWEET LIFE

While sweetness is something we shouldn't pursue, we don't live in an LCHF-controlled world. There will be times when you wish to sweeten something when you bake or cook, or perhaps that cup of tea or coffee you have daily is just no fun without a tiny bit of sweetness. Moderate or infrequent use of safe sweeteners is acceptable for anyone in the transition stage of shifting to LCHF. These include:

- STEVIA This comes from a small green plant called *Stevia rebaudiana*, which has been used by humans as a source of sweetness for hundreds of years. It tastes similar to one of the popular artificial sweeteners, so if you are used to that, switching to stevia will be an effortless adjustment.
- **XYLITOL** Used for years as a therapy for the treatment and prevention of infection and for improving bone density, it is the ideal one-for-one sweetener. Too much may have a laxative effect on some people. It tastes almost the same as sugar, with the same degree of sweetness.
- **ERYTHRITOL** This is less sweet than xylitol, but it does have the advantage of not having the same laxative effect. It is an excellent baking alternative to sugar. It is about 70 percent as sweet as sugar, so to get the same sweetness, slightly more is needed, but the taste is virtually identical.

KICKING THE HABIT

If you're one of those people who 'needs' something sweet after a meal, or who is always looking for a sweet treat, maybe stopping altogether and steeling yourself through the withdrawal process is best. If you can take sugar or leave it, alternatives will probably

HOW ABOUT CHEMICAL SWEETENERS?

When people decide to cut out sugar, they often fall prey to advertising that tells them they will remain lean or even lose weight by switching to the various chemical sweeteners on the market, such as aspartame, sucralose, acesulfame K. saccharin and cyclamate. This is incorrect. These sweeteners will not only scramble your brain chemistry and interfere with vour central nervous system and with leptin-insulin signalling, they can increase hunger and actually make you put on weight (some studies have shown they can even cause insulin resistance). These 'man-made' sugar alternatives may also have potentially dangerous side effects. such as predisposing you to multiple sclerosis, panic disorder and extreme anxiety.

be fine for you. As with kicking any habit, it takes time to get used to not having sugar, but the benefits are well worth it. Once you have stopped having sugar for any length of time, your taste buds will become more sensitive to it and you will find that something even slightly sweet will taste extremely sweet to you.

Some tips to help you get over sugar...

- Admit you have a problem! Look at your intake and acknowledge that you crave sugar and probably abuse it.
- Become a detective. Read food labels and expose 'hidden' sugar in your food.
- Clear your pantry of all sugary products and stock up on non-sugary foods.
- Drink plenty of water and ensure you have the right amount of protein and healthy fats with each meal.
- Distract yourself. It will take about a week to get rid of the physical cravings, then it's all about mind control. ■

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4. To serve: Serve kale crisps with dip. I



blogger and was one of the speakers at the LCHF conference in Cape Town in February 2015. This article was posted on her blog, zoeharcombe.com, on 26 October 2015.

oday, 26 October 2015, the World Health Organisation declared the consumption of red meat as 'probably carcinogenic to humans, based on limited evidence that the consumption of red meat causes cancer in humans' and declared processed meat as 'carcinogenic to humans, based on sufficient evidence in humans that the consumption of processed meat causes colorectal cancer'. The red meat association was observed mainly for colorectal cancer.

'The experts concluded that each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 percent.'

From the headline 'carcinogenicity of consumption of red and processed meat', we're already down to colorectal (bowel) cancer and 'probably'.

So do we need to stop eating red meat and/or processed meat? Let's dissect the headline more accurately:

bad science BY: ZOË HARCOMBE



WHERE THIS DATA COMES FROM

The gold standard of evidence is a meta-analysis of randomised controlled trials - pooling together studies where an intervention was matched against a control group to see what impact A had on B. As far as I am aware, no intervention studies have ever been done testing the impact of 50 grams of processed meat per day as an isolated intervention, or any amount of processed or red meat as a sole intervention for that matter.

We are thus looking at observational studies. This is where a large group of people (e.g. the Nurses' Health Study or the Health Professionals Followup Study) are asked loads of questions and given health tests (blood pressure, weight, height, cholesterol etc) at the start of the study. This is called the baseline. These people are then followed for years to see what conditions they go on to develop.

Researchers then look at the data to try to see patterns. No pattern = no journal article, so look hard! They may observe a pattern between people who consume processed meat and people who go on to develop bowel cancer. This is then reported in a journal article and it is all such articles that have been reviewed by the World Health Organisation.

The first point to make, therefore, is that all of this is based on notoriously unreliable dietary questionnaires. Many ask what you ate yesterday or over the past seven days. The European

Prospective Investigation into Cancer questionnaire, one of the best possible questionnaires, asks about food intake over the past year. How accurate do you think your answers would be?



ONE'S DIET VS ONE FOOD

By singling out red meat/processed meat in this way, the whole diet and lifestyle of a person is not taken into account. There is a world of difference between the health of a burger/hot-dog/ ketchup/white bun/fizzy drinkguzzling couch potato and a grass-fed-steak-eating/Cross-Fit/six-pack paleo specimen.

As I showed previously in this blog (zoeharcombe.com/2012/ 03/red-meat-mortality-the-usualbad-science/), the baseline for the processed meat eaters showed that they were far less active, had a higher BMI, were THREE TIMES more likely to smoke and almost TWICE as likely to have diabetes. This makes processed meat a MARKER of an unhealthy person, not a MAKER of an unhealthy person.

Even if all the smoking/ exercise/other conditions baseline factors are adjusted for, there is no possibility of adjusting for all the dietary factors that make up the couch potato vs the paleo buff. The whole diet is not adjusted for when the one line (meat) is targeted.



REAL FOOD VS PROCESSED FOOD

I'm a real foodie. I pretty much spend my life writing and talking about real food and the nutrition it contains. I am the first to say 'Do eat real food; don't eat processed food' and I include processed meat as processed food something to avoid. However, this WHO report describes processed meat as 'meat that has been transformed through salting. curing, fermentation, smoking or other processes to enhance flavour or improve preservation'.

As Peter Cleave, Surgeon Captain (1906–1983), said: 'For a modern disease to be related to an old-fashioned food is one of the most ludicrous things I have ever heard in my life.' To think that real meat, or meat preserved in natural ways, is bad for us is ludicrous. 1) You'd have to explain how we survived the past 3.5 million years, since Australopithecus Lucy first walked upright; especially how we survived the ice age(s). 2) You'd have to explain why all the nutrients we need to live (essential fats, complete protein, vitamins and minerals) are found in meat if it were trying to kill us at the same time.

Meat needed to be naturally preserved with salting, curing, drying, smoking etc or we would have needed to binge on the kill and risk dying of starvation before the next kill. The WHO report should have separated traditional ways of preserving meat from modern manufactured processing (where sugars and chemicals are added – just read the label). Similarly – if there is any harm in red meat, it will be because manufacturers have got involved

and fed the poor animals grains, which they cannot digest, and then pumped them with drugs to medicate the resulting illness. (Chris Kresser presents the view on nitrates at chriskresser.com/the-nitrate-and-nitrite-myth-another-reason-not-to-fear-bacon if you're interested).

This should be a call to action to get back to your butcher, know him/her by name, know where your meat comes from, know how s/he prepares bacon and handmade sausages, and enjoy the health benefits of real food while supporting the grafters who provide it.



ASSOCIATION VS CAUSATION

Even allowing for the weakness of observational studies, and the unreliability of dietary questionnaires, and the notion that food consumption can be a marker not a maker of health, and the whole dietary intake that has not been taken into account, and the ignorance of the chasm between real and processed food, this is still association, not causation.

I always wish that these huge and expensive studies would ask what colour socks the participant is wearing. I bet I could find an association between red sock wearing and one type of cancer if I looked hard enough. Would the headline be red socks cause cancer?!



RELATIVE VS ABSOLUTE RISK

The press release headlines with 'each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 percent'. Crikey. 18 percent! Put that bacon samie down now (see

Human beings should eat real food (especially grass-fed, naturally reared meat and naturally preserved meat).

 don't blame the bacon for what the white bread and ketchup did!).
 This, however, is the game that all of these observational study research press releases play and it's disgraceful scare-mongering.

Shall we look at the absolute risk?

Cancer Research UK has terrific statistics on all types of cancer. I've just looked at the UK. They do have data for other countries if you want to do your own rummage. The incident rate of bowel cancer for all people in the UK, age-standardised (you pretty much won't see bowel cancer before the age of 50 – look at the age data) in 2011 was 47 per 100 000 people.

47 per 100 000 people.

You would need to know 2 128 people, including enough older people, to know one person who developed bowel cancer in the UK in 2011.

Now – let's do that relative vs absolute risk thing.

Assuming that everything the WHO did had been perfect and that there really was an 18 percent relative difference between those having 50 grams of processed meat a day and those not (and assuming that nothing else was impacting this), the absolute risk would be 51 people per 100 000 vs 43 people per 100 000.

Now where's the bacon and egg before my CrossFit session?!

The likely harm of this report:

The Lancet article on this issue does at least have the decency to mention the nutritional value of red meat: 'Red meat contains high biological value proteins and

important micronutrients such as B vitamins, iron (both free iron and haem iron), and zinc.' That's still a bit of an understatement. Try both essential fats, complete protein, and the vitamins and minerals needed for life and health.

What will be the consequences of this report scaring people away from real meat? It takes approximately 250 grams of sirloin steak to get the daily 10mg of zinc; over a kilo of the same steak to get the recommended daily iron requirement – and in the right form for the body. How about over 20 eggs to get the same iron intake? Still in a useful form to the body. Or 4.5 kilos of brown rice to get iron in the wrong form for the body?

What do I take from this report? There is a heck of a lot of bad science coming out of the World Health Organisation, an organisation that should know better, but then there have been previous cases of not knowing better.

Nothing has changed from my fundamental belief that human beings should eat real food (especially grass-fed, naturally reared meat and naturally preserved meat). Avoid processed food, including meat processed by fake food companies. And take every observational study that doesn't know these five points above with a hefty pinch of salt.

Find the WHO report at:

www.iarc.fr/en/media-centre/pr/2015/pdfs/pr240 E.pdf

Find the Lancet article at:

www.thelancet.com/pdfs/journals/lanonc/ PIIS1470-2045(15)00444-1.pdf

BARBARA ROBERTSON'S BANTING SEED CRACKERS

MAKES 40 CRACKERS

- ½ cup whole raw almonds
- 13/4 cups mixed seeds (pumpkin, sunflower, flax, poppy and sesame)
- 1 tsp himalayan salt
- 2 tbsp psyllium husks
- ¼ tsp dried thyme
- ¼ tsp dried rosemary
- ½ tsp paprika (optional)
- ½ tsp crushed dried chilli flakes (optional)
- 1/2 tsp coarsely ground black pepper
- about 200ml water
- 1. Line a baking tray about 24x35cm with greased foil or baking paper.
- 2. Preheat the oven to 150°C. In a blender, blitz almonds to make a coarse powder. Add the seeds and blend. Add the rest of the dry ingredients and pulse.
- 3. Add just enough water to bind the mixture, without making it too wet.
- 4. Press the mixture into the lined tray and flatten with the back of a spoon.
- 5. Bake for about 1 hour, then remove and cut into squares with a sharp knife.
- 6. Reduce heat to 110°C. return to the oven and bake for another hour until crisp.
- 7. To serve: Top with grated cheese or some other topping of your choice.



AS TOLD TO: MARLI MEYER

Tlost 10kg while pregnant—thanks to banting!

ROXY VAN BRUWAENE WAS DREADING HER THIRD PREGNANCY, UNTIL SHE STARTED BANTING AND TURNED IT INTO A HEALTHY AND ENERGY-FILLED EXPERIENCE.

'The day I saw two pink lines on the pregnancy test for the third time,

I was elated, but

at the back of my

mind this pregnancy was also a great concern. With both of my previous pregnancies I had gained 13–17kg, suffered from heartburn and was always in pain. I also had excessive hair loss, started snoring and had major insomnia. In a nutshell, I hated being pregnant. I wondered what would be in store for me this time...

Then came the morning sickness – the only thing that had any impact was eating, so that is what I did! The first 12 weeks were hell and I was bracing myself for the next 28 weeks when a friend suggested I try banting. Day one of LCHF went by and I felt fine. But by day seven, I thought I was going to die because my neck and back pain were so bad!

I decided to do more research, as something just wasn't right. Eventually, after reading lengthy articles, and doing many Google searches, I realised I was just adapting and detoxing from carbs — it was a classic case of carb flu. Once I'd passed through this phase it was plain sailing; I felt better each day.

I began my day with a typical LCHF breakfast of eggs, bacon, avocado and cherry tomatoes, and the occasional butter coffee. (At restaurants, the waitrons now bring me butter without being asked – and no one bats an eyelid



any more!) For dinner we ate a salad filled with bacon, feta, olives, coconut roasted chicken (with the crispy skin on), cheddar cheese, miracle seed mix and avo.

My doctors were comfortable with me banting. LCHF made this the best pregnancy by far – at times I almost forgot I was pregnant. I actually lost 10kg, which meant a healthier me – and of course a healthier baby. Athalia weighed 3.4kg. I didn't lose any hair, my heartburn disappeared, I slept like a baby (and still do) and my aches and pains are history. My post-pregnancy recovery was also much quicker than before.

I am breastfeeding, and I feel banting has given me better quality breastmilk too. The milk is a creamier consistency and doesn't have the classic blueish tinge. I've lost a further 5kg since Athalia was born – so that's a total of 15kg since March 2015.

My husband and children bant with me; they enjoy the food and have more energy. My husband does a little bodybuilding and this lifestyle fits right in with his regime. Since he started LCHF, he hasn't needed pre-workout drinks or protein powders.

I am more flexible with my children. For their school lunches, I allow some fruit and the odd rice cake if I run out of banting bread. Athalia will also be enjoying LCHF when she goes onto solids. As it is a way of life for us, it will become a way of life for her too.

If moms-to-be have any doubts about LCHF and pregnancy, I say try it – I feel great all the time and have so much energy. And I intend to keep it that way!'

Sally-Ann Creed's tips for LCHF during pregnancy



Eat real, whole, singleingredient foods and avoid processed food with additives and chemicals.

If you want to reduce carbs, the most important ones to avoid are processed ones like commercial bread, rusks, cakes, sweets, and all sugar and biscuits. You could make lowcarb bread and eat that instead.

Don't go too low carb, though. You don't want to go into ketosis while pregnant. Your body needs good, nutrientdense starchy vegetables during this time and lowering your carb intake too drastically can put strain on it. In order not to go too low carb in pregnancy, eat more vegetables like sweet potato, butternut or even beetroot. If your carb intake does drop too low, you can also eat more dairy products and include a little more fruit.

Avoid junk foods and prepared 'microwave-ready' food in favour of home-cooked real food. You and your baby are worth cooking for.

Include enough healthy fat and protein in your diet that you don't get

hungry and reach for the bread. This will also offer you a full spectrum of essential nutrients, including iron.

6 Eating vegetables with each meal will help to balance carb intake while providing phytonutrients and many vitamins and minerals.

Avoid all seed oils – stick to real butter, coconut oil, olive oil and animal fats.

Avoid grains as far as possible. If you really feel like something from the 'grain family', eat some rice or quinoa.



WANT TO LOSE WEIGHT AND KEEP KOSHER?

IT'S SO EASY!

Kosher LTL is LOSE IT's 4-week nutritionist-approved LCHF eating plan, with 76 amazing recipes created by Rebbetzin Sarah Feldman.

Delicious kosher recipes, lore, tips and brilliant ideas on everything from how to cater for a banting Shabbat to the best celebratory meals.

PLUS excellent weight-loss results!

CHANGE YOUR LIFE!

Sign up to KLTL at www.loseit.co.za For more info, email us at info@loseit.co.za

test house

the BY: TASNEEM LARNEY

•••••

A treat for yourself or for the fitness fanatic in your life – LOSE IT! has taken the legwork out of your Christmas shopping. PULSE WIRELESS BLUETOOTH STEREO EARBUDS WITH BUILT-IN HEART RATE

MONITOR (ABOUT R4500) WANTITALL.CO.ZA

REEBOK CROSSFIT KNEE SOCK (ABOUT R249,95) REEBOK CONCEPT STORES

TANITA BODY FAT MONITOR (ABOUT R1 600) SPORTSMANS WAREHOUSE



FIRST ASCENT WOMEN'S PLUM JACKET (ABOUT R700) **SPORTSMANS** WAREHOUSE









CAMELBAK MAGIC WOMEN'S HYDRATION PACK (ABOUT R1 700) SPORTSMANS WAREHOUSÉ



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R3299) TAKEALOT.COM

BEATS BY DR. DRE POWER-BEATS2 WIRELESS BLUETOOTH IN-EAR HEADPHONES (ABOUT



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SUUNTO AMBIT 3 SPORT MULTISPORT WATCH (ABOUT R5 999) DUE SOUTH



NIKE WOMEN'S PRINTED 4" RIVAL SHORT (ABOUT R540) SPORTSMANS WAREHOUSE



GARMIN EDGE 520 CYCLING COMPUTER (ABOUT R6 499) CAPE UNION MART



PHOTOGRAPHS: SUPPLIED **BEATS BY**



MUST-HAVE DIVER WATERPROOF 4GB MP3 PLAYER (ABOUT R2650) WANTITALL.CO.ZA



DR. DRE S0L02 **HEADPHONE** (ABOUT R3 299) TAKEALOT. COM



MUST-HAVE

SPEEDO MARINER

OPTICAL GOGGLE

SPEEDO CONCEPT STORES

(ABOUT R269)

REEBOK CROSS-FIT SKINNY STRAP PRINT BRA (ABOUT R899,95) **RFFROK** CONCEPT

PRANA E.C.O. YOGA MAT (ABOUT R665) CITY ROCK, MOUN-TAINMAILORDER. CO.ZA



NIKE BRASILIA6 DUFFLE BAG (ABOUT R350) SPORTSMANS WAREHOUSE



NIKE+ KINECT TRAINING XBOX 360 KINECT (ABOUT R520) WANTITALL.CO.ZA





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*prices correct at time of going to print

BY: JANA WESSELS

Raising the

MORE FAST-PACED
THAN YOGA AND
PILATES, BARRE
BURNS FAT AND
IMPROVES TONE.
JESSIKA MUNNELL,
FOUNDER OF BARRE
BODY IN CAPE TOWN,
TELLS US MORE.

What is barre?

Barre is an athletic fusion of elements from ballet conditioning, Pilates, light weights and cardio.

What makes it a great exercise option?

Barre exercises are an entire body workout, while targeting individual body areas to burn fat and sculpt shape. They are safe and low impact, and they target the usual problem areas. The core stability you will gain will also help relieve back pain.

Who should do barre?

This exercise method is great for anyone looking to burn fat and improve their tone in a fun group setting. Although this technique was inspired by ballet, you don't have to be a dancer to participate. Instructors offer modifications to meet your current fitness level.

Who shouldn't do barre?

It isn't for people who don't like sweating or working hard. At Barre Body, we work hard to get results!

What can you expect from a barre class?

Our classes are fun, fast-paced,



energetic and last for 60 minutes. Each class starts with a warmup, then we focus on each area of the body with movements and stretching. The high energy and fun music get your body moving.

What kind of result can you expect if you regularly do barre exercises?

At Barre Body we aim to quickly create long and lean muscles. Toned thighs, a lifted seat, flat abs, increased fat burning and flexibility, as well as improved posture are just some of the benefits of doing barre exercises. Many fanatics of barre say it has completely transformed their bodies. Barre is also a non-impact workout, making it safe for almost anyone. We have a wide age range – from teenagers to people in

their late sixties.

What are some of the best features of the barre method of exercising?

We take the best elements from various disciplines to create the most effective one-hour workout we can think of. The group dynamic also makes it fun and engaging. Our classes are choreographed to an amazing soundtrack so that makes it hard not to smile and have a good time.

Why do you think barre has become so trendy?

People want an effective workout that's enjoyable and gets results, and that's exactly what barre exercises do. At Barre Body we get results and people feel and see that, so they come back for more.

What is your training and background?

I have over 15 years' experience teaching group classes in the health and fitness industry. I trained to teach barre in Los Angeles and prior to that, I founded four yoga studios in Cape Town and the USA. After owning yoga studios and teaching for over a decade, I decided to look for a more effective group class method. The result is Barre Body. ■

For more information, go to: barrebody.co.za

BALLET-INSPIRED moves

JESSIKA'S BARRE
WORKOUT IS ABOUT
SMALL, FOCUSED
MOVEMENTS. KEEP
THINGS SLOW AND
CONTROLLED, AND
WORK YOUR MUSCLES
TO GET BIG RESULTS.

NOTE

Repeat every exercise 10 times and repeat on both sides where applicable. Always try to keep your spine perfectly straight, even when tucking, so your back is never arched in a curve.

WARM-UP PLIÉS



Toes turned outwards, knees above your ankles, inhale as you go down, crossing your arms in front.



Exhale as you go up, rising up on your tiptoes, arms curved over your head.

ABDOMINAL TUCKS WARM-UP



Toes turned outwards, knees above your ankles, interlace your fingers in front and inhale.



Exhale as you extend your arms, turning palms outwards, tuck your tailbone and suck in your abs.

C CURVE





CHEST CURVES





GLUTEAL TONERS





Place your hands on a chair, railing or barre, keeping your arms straight. Bend your right leg and place your straight left leg behind it. Inhale.

JANE FONDA'S



Exhale slowly while lifting your leg slightly to the left, rotating your hip and squeezing your glutes.



On your 10th rep of the previous exercise, inhale with your leg in the raised position. Then exhale and pulse the leg upwards, squeezing your glutes.

just the bizz

BY: CHELSEA JOHNSTONE

JACKSON'S REAL FOOD MARKET

REAL FOOD AND RETAIL CAN GO HAND IN HAND, SAYS ENTREPRENEUR GARY JACKSON, WHO IS PUTTING A FRESH SPIN ON THE SUPERMARKET SPACE.



growing niche of consumers looking for quality ingredients not

commonly found on supermarket shelves inspired Gary Jackson to set up shop. Gary understood that potential customers would come in search of produce suitable for a particular eating plan or philosophy. That is why Jackson's is easy to navigate for those on the hunt for something specific, with separate sections for gluten-free, vegetarian and vegan, low-carb and low-sugar products.

Apart from constantly sniffing out new products to offer his customers diversity and choice ('If there's a low-sugar, low-carb version of something, we're going to find it,' says Gary), the store aims to be a one-stop shop for 'clean, healthy groceries'. Searching for LCHF desserts? You'll find them here, along with organic chicken, lamb and pretty much anything else you can think of.

Gary believes his business should also bring customers closer to the suppliers. 'Labels such as "free range" and "organic" are meaningless unless you actually know the "story" behind the product. All our suppliers are committed to farming ethically and organically,' he says.

Jackson's differs from traditional supermarkets in other ways, too. Again, it is Gary's relationship with suppliers that makes the difference. 'We don't buy from big factories. We choose to represent small farmers and small producers – but only the good ones,' he says. These smallscale producers don't have the expertise or infrastructure to break into the big chains, and Gary is committed to giving them a space to sell their products. 'They're good at production, I'm good at retailing – why not collaborate? We're passionate about helping start-ups find their feet.'

Gary further bucks the trend by ensuring his suppliers are paid within seven days of invoice, to assist with their cash flow.

Jackson's is not interested in products with a long shelf-life. 'We want customers to buy just enough for the week – as that's how fresh our products are. And people appreciate that quality,' says Gary. It's that quality, at an affordable price, that is at the heart of Jackson's success, he says. 'If not cheaper, at worst we

offer our products at the same price as big retailers. The bonus is that as you're eating nutrient-dense food, you will tend to feel satiated more easily and eat less, so you'll spend less on groceries. Our customers would rather braai or cook at home and we love that – we want to get the family back around the dinner table,' says Gary.

So who shops at Jackson's? 'It may be a sportsman who wants to increase his performance and eat clean, or an older person who is nostalgic and loves the taste of our farm butter, the creaminess of our milk and the yellow fat on our beef. There's also the mother who is trying to ensure her family gets really nutritious food.'

Gary has been banting for two years and lost 9,5kg. 'I eat clean and have a health-conscious wife who keeps me on the straight and narrow. To be honest, I still enjoy the odd treat, but I make sure it's artisanal. The only thing they haven't invented yet is a good LCHF beer − so I won't have to break my banting over the weekends!' ■

FIND JACKSON'S REAL FOOD MARKET at Riverside Shopping Centre, 317 Bryanston Drive, Bryanston. For more information, go to www.jacksonsrealfoodmarket.co.za.

COMPILED BY: JUSTINE KIGGEN

store cupboard

Almond flour Almonds - chopped, flaked. around

Artichoke hearts, canned

Baking powder Banting bread

Banting crackers

Banting wraps

Bottled water, still or sparkling

Cocoa powder

Coconut cream

Coconut milk

Dark chocolate, 80% and 85%

Desiccated coconut

Gelatin

Honey

Macadamia nuts

Mayonnaise, homemade

Pistachio nuts

Psyllium husks

Sundried tomatoes

Vanilla extract

Walnuts

White wine

Xvlitol

oils, sauces & vinegars

Apple cider vinegar Avocado oil Balsamic vinegar Coconut oil Dijon mustard Extra virgin olive oil Fish sauce Ghee Macadamia nut oil Peri-peri sauce, homemade White wine vinegar

fresh fruit, veg & herbs

Apples, green

Avocado

Baby gem lettuce

Baby spinach

Basil

Bay leaves, fresh

Cauliflower

Celery

Chillies - red, green,

ialapeño

Chives Coriander

Courgettes

Cucumber

Dill

Garlic

Gem squash

Ginger

Green beans, fine

Kale – regular, baby

Lemons

Limes

Marjoram

Micro herbs

Mint

Mixed berries - fresh,

frozen

Onions - red, yellow

Parsley – flat-leaf, regular

Pickling onions

Pomegranate seeds

Pumpkin

Radishes 1 -

Raspberries

Rocket

Rosemary

Sage

Spring onions - red, white

Strawberries

Sweet peppers - red,

vellow

Sweet potatoes

Thyme

Tomatoes - vine,

cherry, rosa

Vegetable stock,

homemade

Watercress

meat, chicken & fish

MEAT

Bacon

Boerewors

Calf liver

Gammon, smoked and cooked, bone in

Lamb chops

Parma ham

Picanha rump steak

Pork ribs

POULTRY

Chickens, spatchcocked Eggs

FISH

Fresh tuna Prawns, whole Salmon side

dairy

Blue cheese

Butter Buttermilk

Camembert rounds

Cream

Cream cheese

Double cream yoghurt

Ghee

Goat's milk feta

Mature cheddar

Parmesan

Sour cream

spices & dried herbs

Allspice berries

Black pepper

Black peppercorns

Cavenne pepper

Chia seeds

Chinese 5-spice

Cinnamon sticks

Cloves

Cumin seeds

Dried chilli flakes

Dried oregano

Ground cinnamon

Ground coriander

Ground cumin

Ground nutmea Mustard seeds

Paprika - ordinary and

smoked

Saffron

Salt - coarse, himalayan

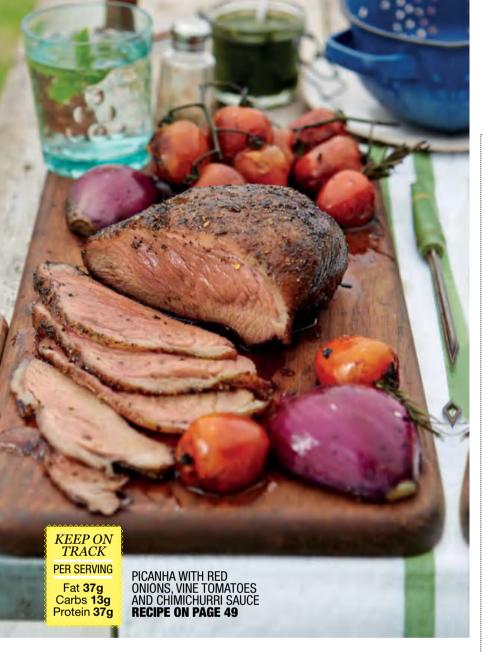
and sea salt

Star anise

Vanilla pods







PORK RIBS WITH PUMPKIN CRISPS

SERVES 6

- · 2 large racks pork ribs, about 1.5kg in total
- 4 star anise
- 2 cinnamon sticks
- 2 tbsp allspice berries

FOR THE BASTING SAUCE

- 1 tsp smoked paprika
- 1 tsp ground cinnamon
- 2 tbsp balsamic vinegar

- 1 tsp honey
- himalayan salt and black pepper

FOR THE CRISPS

- ½ cup coconut oil
- 300g pumpkin, thinly sliced
- 1. Place the ribs and spices in a large pot, cover with cold water, bring to a boil, reduce heat and simmer for 15 minutes. Drain off the water, place ribs in a shallow bowl and leave to cool.

2. For the basting sauce:

Place the sundried tomatoes in a blender along with the remaining

basting ingredients and 2 tbsp water, and blitz until smooth. Brush mixture over the ribs and refrigerate for 1 hour.

- 3. Cook ribs over medium coals until crispy and cooked through, basting with remaining sauce.
- **4. For the crisps:** Heat the coconut oil in a small saucepan and fry the pumpkin slices until crispy.
- 5. To serve: Serve ribs hot, with pumpkin crisps.

SPATCHCOCK CHICKEN WITH LEMON PERI-PERI BUTTER

SFRVFS 6

- 2 spatchcock chickens
- 2 cups buttermilk

FOR THE LEMON PERI-PERI BUTTER

- 130g butter, softened
- 1 tsp dried chilli flakes, crushed
- 2 cloves garlic, chopped
- 2 spring onions or salad onions, finely chopped
- juice and zest of 1 lemon
- himalayan salt and black pepper

FOR THE BASTING SAUCE

- 3 tbsp coconut oil, melted
- 2 tsp white wine vinegar
- 1½ tsp paprika
- pinch of cavenne pepper
- · big pinch dried chilli flakes
- fresh lemons, to serve
- homemade peri-peri sauce, to serve
- 1. Place the chickens in a shallow dish, pour buttermilk over them and allow to stand for 30 minutes. Then drain and scrape off most of the buttermilk.
- 2. For the butter: Mix together the butter and remaining

- 150g sundried tomatoes, marinated in olive oil, drained



ingredients, then push the butter under the skin of the chicken as far back as it will go and season the chicken well.

3. For the basting sauce:

Mix all the ingredients together and brush over the chicken.

- **4.** Place the chicken over the braai and cover with foil or a lid. Cook for 30–40 minutes, or until cooked through and golden, basting occasionally.
- **5. To serve:** Cut into portions and serve with extra lemon segments, chargrilled over the braai, and peri-peri sauce.

SWEET POTATOES WITH HERB BUTTER

SERVES 6

6 sweet potatoes, parboiled

FOR THE BUTTER

- 120g butter, softened
- 2g each fresh basil, parsley and sage, finely chopped
- 2 cloves garlic, finely chopped
- ½ tsp crushed dried chilli flakes
- himalayan salt and black pepper
- **1.** Wrap the potatoes in foil, place in the coals or on a braai



grid and cook until soft.

- **2. For the butter:** Combine butter ingredients and season.
- **3.** Remove sweet potatoes from the foil, cut a cross in the top and push the potatoes open.
- **4. To serve:** Dollop butter into the hot potatoes, season and serve garnished with extra sage.

CUCUMBER SALAD WITH COCONUT DRESSING

SERVES 4-6

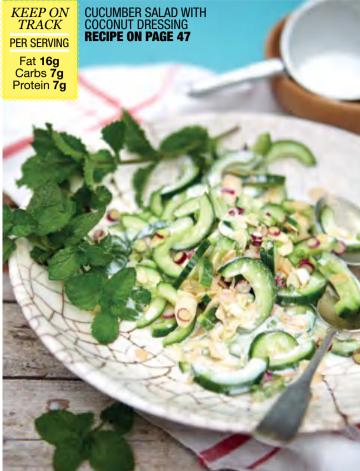
FOR THE SALAD

- 2 cucumbers, cut in half lengthways, de-seeded and sliced
- · 2 red spring onions, finely sliced
- 100g almond flakes, toasted
- . 10g fresh mint, torn

FOR THE DRESSING

- ½ cup coconut milk
- juice and zest of 1 lime
- 1/2 tsp fish sauce





- 2 tsp xylitol
- 1 small red chilli, finely chopped
- himalayan salt and black pepper
- extra fresh mint, to serve
- **1.** Place all the ingredients for the salad on a serving platter.
- **2. For the dressing:** Whisk together all the ingredients and season to taste.
- **3. To serve:** Drizzle dressing over salad and garnish with extra mint leaves.

COURGETTE AND CALF LIVER SALAD WITH BLUE CHEESE AND WALNUTS

SERVES 4-6

FOR THE SALAD

- 2 heads baby gem lettuce
- 4 medium courgettes, cut lengthways into ribbons
- 100g blue cheese, crumbled
- 200g calf liver, flash fried and sliced
- 70g walnuts, toasted

FOR THE DRESSING

- 1 clove garlic, minced
- 2 tsp apple cider vinegar
- 1 tbsp dijon mustard
- 1/3 cup extra virgin olive oil
- himalayan salt and black pepper
- · micro herbs, to garnish
- **1.** Arrange lettuce leaves on a platter, and top with remaining salad ingredients.

- **2. For the dressing:** Place the garlic, vinegar and mustard in a jug, whisk to combine then slowly whisk in the olive oil, and season to taste.
- **3. To serve:** Drizzle dressing over the salad and garnish with micro herbs.

BOEREWORS AND MIXED SWEET PEPPERS

SERVES 4-6

- 1.2kg boerewors
- 2 tsp cumin seeds, toasted
- 3 cloves garlic, chopped
- juice of 2 lemons
- zest of 1 lemon
- 5g fresh rosemary, chopped

- · 2 green chillies, chopped
- fresh bay leaves
- 2 red sweet peppers
- 2 yellow sweet peppers
- 2 tbsp coconut oil, melted
- himalayan salt and black pepper
- **1.** Place the boerewors in a shallow dish, add the cumin seeds, garlic, lemon juice and zest, rosemary and chilli and rub into the wors.
- **2.** Thread the boerewors onto metal skewers with fresh bay leaves, then cook over medium coals, turning once, until browned and cooked through.
- **3. For the peppers:** Brush the peppers with coconut oil and season to taste, then place a pan on the braai and cook the peppers on all sides until soft and cooked through.
- **4. To serve:** Cut peppers into smaller pieces and serve with boerewors.

PICANHA WITH RED ONIONS, VINE TOMATOES AND CHIMICHURRI SAUCE

SERVES 6

1kg picanha rump steak

FOR THE RUB

- 2 tsp black peppercorns, crushed
- 2 tsp coarse salt
- 2 tsp dried oregano
- 1 tsp dried chilli flakes, crushed

FOR THE VINE TOMATOES

- 500g vine tomatoes
- · coconut oil, for brushing

FOR THE RED ONIONS

- 3 red onions, halved
- 4 cloves garlic, crushed
- himalayan salt and black pepper







FOR THE CHIMICHURRI SAUCE

- . 1 garlic clove, chopped
- 10g fresh basil
- 10g fresh coriander
- 5g fresh mint
- 2 tsp white wine vinegar
- juice of 1/2 lemon
- 1 tsp xylitol
- himalayan salt and black pepper
- ½ cup extra virgin olive oil
- **1.** Place the meat on a board and allow to come to room temperature. Mix together the rub ingredients and spread all over the meat, then leave to stand for 10 minutes.
- **2.** Place the meat over medium coals and cook until done to your liking, letting the fat become golden and crispy.
- **3. For the tomatoes:** Brush the tomatoes with coconut oil, season and cook over low coals until soft and lightly blistered.
- **4. For the onions:** Place the onion and garlic in foil, season and cook in the coals until soft. Remove the foil before end of

cooking time and lightly char the onion and garlic on the grid.

- **5. For the sauce:** Place the garlic, herbs, vinegar, lemon juice, xylitol and seasoning in a blender, blitz to combine, then slowly add oil and blitz again.
- **6. To serve:** Slice steak and serve with vine tomatoes, red onions and sauce.

Tip: A picanha is a Brazilian style cut of rump. If unavailable, use thick-cut rump steak.

LAMB CHOP KEBABS WITH GREEN CHILLI AND LEMON

SERVES 4-6

- 1kg lamb chops
- himalayan salt and black pepper
- 3 lemons, cut into wedges
- 6 large green chillies
- 2 tbsp coconut oil, melted

TO SERVE

4–6 banting wraps

- 500g rosa tomatoes, halved
- · 2 avocados, halved
- 5g fresh coriander
- **1.** Place lamb chops on a board and season well. Thread onto kebab sticks with lemon wedges and green chillies. Brush with coconut oil.
- **2.** Cook the kebabs on both sides, over medium coals, until done to your liking.
- **3. To serve:** Serve kebabs with banting wraps, tomato and avocado, garnished with coriander.

SPARKLING LIME WATER SERVES 4–6

- 3 limes, sliced
- · 20g fresh mint
- ice cubes
- · 2L sparkling or still water, chilled
- **1.** Place the lime slices, mint and ice cubes in large glasses or jars and pour in chilled sparkling or still water. ■

Pizza perfect

This recipe for cheesebased pizza, also known as 'Fathead' pizza, has a fabulous, dough-like texture and moreish flavour that will make it a favourite.

ancewood Full Fat Plain
Cream Cheese is one of
the most delicious and
versatile ingredients you
can find, and it has a wonderful,
velvety texture. Low carb, a
great source of protein and full
of minerals and nutrients, it's
perfect for banters, making it the
tastiest way to stay healthy and
get into shape!

PARMA HAM AND ROCKET PIZZA

SERVES 4

FOR THE BASE

- 200g mozzarella, grated
- 250g Lancewood Full Fat Plain Cream Cheese
- 100g ground almonds
- 1 extra-large free-range egg
- 1 tsp dried oregano
- himalayan salt
- freshly ground black pepper

FOR THE TOPPING

- ¼ cup homemade tomato sauce
- ¼ cup grated Lancewood Mozzarella
- 6 rosa tomatoes
- 35g parma ham
- wild rocket
- 50g Lancewood Cultured Cream
- · extra virgin olive oil, to drizzle
- 1. Preheat the oven to 220°C.
- **2. For the base:** Combine the mozzarella and cream cheese in a small saucepan and melt over a low heat. Stir in remaining ingredients.
 - **3.** Shape the mixture into a flat circle on a greased baking tray lined with baking paper. Bake for 15 minutes, or until golden, then flip over and bake for another 5 minutes.

4. For the topping:

Spread the tomato sauce over the base, sprinkle the mozzarella over it and dot with tomatoes. Return to the oven for 5 minutes.

5. Remove from the oven, cover with parma ham and wild rocket, then dollop spoonfuls of cultured cream on top.

6. To serve: Grind a little black pepper over the pizza and drizzle with a little olive oil. ■









CHILLED WATERCRESS AND AVOCADO SOUP WITH RADISH SALT

SERVES 6

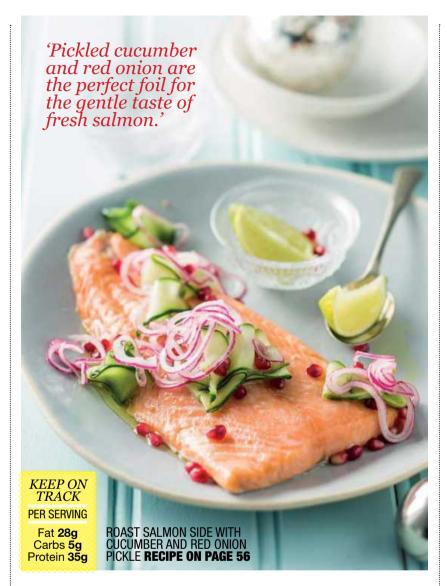
- 100g watercress, chopped
- 2 avocados, peeled and cubed
- 4 stalks celery, chopped
- 2 cloves garlic, chopped
- 4 spring onions, chopped
- 10g fresh coriander, chopped
- 3½ cups homemade vegetable stock, chilled
- ¼ cup extra virgin olive oil
- 1 tbsp apple cider vinegar
- himalayan salt
- black pepper

FOR THE RADISH SALT

- 100g radishes
- 2 tsp sea salt
- **1.** Place the watercress, avocado, celery, garlic, onion and coriander in a blender and blitz until smooth.
- **2.** Put the stock, olive oil and vinegar in a large jug, whisk to combine, then slowly add the liquid to the watercress mixture. Season and refrigerate for 3 hours, or until chilled.
- **3. For the salt:** Place the radishes in a blender, pulse until just chopped, add the salt and pulse again.
- **4. To serve:** Ladle the soup into serving bowls and top with a sprinkling of radish salt.

ARTICHOKE, PRAWN AND PARMA HAM SALAD SERVES 6

- 2 x 400g cans artichoke hearts in brine, drained and cut into chunks
- 200g prawns with tails, cooked
- 30g micro herbs
- 100g parma ham



FOR THE DRESSING

- 3 tbsp avocado oil
- 1 tbsp lemon juice
- 1tsp xylitol
- 5g fresh mint, chopped
- 2g fresh dill, chopped
- himalayan salt
- black pepper
- **1.** Toss together the artichoke, prawns and micro herbs and place on a platter with the ham.
- **2. For the dressing:** Whisk together the avocado oil, lemon juice and xylitol, stir in the mint

and dill and season to taste.

3. To serve: Drizzle the dressing over the salad and allow to stand for 10 minutes before serving so that the flavours can develop. Put extra dressing in a bowl on the side.

GAMMON WITH RASPBERRY GLAZE

SERVES 10-12

- 1 x smoked cooked gammon, about 3–4kg, bone in
- · cloves for studding



FOR THE GLAZE

- 200g raspberries
- 2 cinnamon sticks
- 30g xylitol
- · wholegrain mustard, to serve
- **1.** Carefully remove the skin from the gammon and gently score the fat in a diamond pattern, studding each diamond with a clove.
- **2. For the glaze:** Place the ingredients in a pot, stir over a medium heat until the xylitol dissolves, then bring to a boil, reduce the heat and simmer for 3 minutes. Remove from the heat and allow to cool.
- **3.** Preheat the oven to 200°C. Brush the glaze over the gammon fat and cook for 20–30 minutes, or until golden, brushing gammon at intervals with any remaining glaze. Remove from the oven and allow to cool.
- **4. To serve:** Slice gammon and serve with wholegrain mustard.

ROAST SALMON SIDE WITH CUCUMBER AND RED ONION PICKLE SERVES 6

- 1kg salmon side or 2 x 500g sides
- 1 tbsp coconut oil, melted
- himalayan salt and black pepper

FOR THE PICKLE

- 1 cucumber, halved lengthways and de-seeded, then cut into long strips
- ½ red onion, finely sliced on a mandolin
- 4 tbsp white wine vinegar
- 1 tbsp mustard seeds
- 2 tbsp xylitol
- ¹/₃ cup water
- pomegranate rubies, to serve



- homemade mayonnaise, to serve
- · fresh lemons, cut into segments
- **1.** Preheat the oven to 160°C. Place the salmon on a lined baking tray, brush with coconut oil and season well.
- **2.** Bake for 10–15 minutes until firm, but still rare on the inside; remove from the oven and allow to cool.
- **3. For the pickle:** Put the cucumber in a bowl and put the onion in a second, smaller bowl. Mix the vinegar, mustard seeds, xylitol and water together, pour some of the mixture into each of

the two bowls and allow to stand for 10 minutes.

4. To serve: Place the salmon on a plate with the cucumber and onion pickle, scatter the rubies over the top and serve with mayonnaise and fresh lemon.

GREEN BEANS, WALNUTS AND ROASTED BABY BALSAMIC ONIONS SERVES 6

- 2 tbsp ghee
- 12 small pickling onions, peeled
- 2 tbsp balsamic vinegar



- 2 tsp xylitol
- himalayan salt
- black pepper
- . 300g fine green beans, cooked
- 100g walnuts, toasted
- **1.** Heat a pan, add the ghee and onions and cook over a gentle heat for 10 minutes or until soft. Add the balsamic vinegar and xylitol and 2 tbsp water, cover the pan and allow to cook for 5 minutes, until the onions are golden and well coated. Season to taste.
- **2.** Place the beans in the pan and toss to combine.

3. To serve: Place vegetables on a platter, sprinkle walnuts over the top and season. Serve warm.

SAFFRON CAULIFLOWER PURÉE

SERVES 6

- · 2 heads cauliflower, steamed
- big pinch saffron in a little hot water
- 2 tbsp butter, softened
- ½ cup cream or double cream yoghurt
- himalayan salt
- black pepper
- extra virgin olive oil, to drizzle

- chopped almonds, to serve
- · fresh basil, to garnish
- **1.** Pat the cauliflower dry with paper towel, break into florets and place in a blender. Add the saffron water, butter and cream and blitz until completely smooth. Season well and blitz again.
- **2. To serve:** Place in a bowl, drizzle with olive oil, sprinkle with almonds and garnish with basil.

CHEESECAKE AND STRAWBERRY JELLY TRIFLE

SERVES 8

FOR THE BASE

- 200g desiccated coconut
- 100g 80% dark chocolate, melted

FOR THE CHEESECAKE LAYER

- 500g cream cheese, at room temperature
- 50g xylitol
- juice and grated zest of 1 lemon
- 1 vanilla pod
- 1½ tbsp gelatin

FOR THE JELLY LAYER

- 400g strawberries, chopped
- 50g xylitol
- 3 tbsp gelatin
- 1 cup fresh cream, whipped
- extra berries, to garnish
- **1. For the base:** Place the coconut in a bowl, add the melted chocolate and stir to combine, then spread the mixture into the base of a trifle dish.

2. For the cheesecake

layer: Place the cream cheese in a bowl, add the xylitol, lemon juice and zest and the vanilla seeds and beat until smooth.

3. Place the gelatin in a small



SOFT ALMOND COOKIES

MAKES 12

- 2 extra-large eggs
- 2 tbsp macadamia nut oil
- 50g xylitol
- 100g ground almonds
- 1/4 cup almond flour
- 1 tsp baking powder
- ½ tsp ground cinnamon
- 1 tbsp vanilla extract
- zest of 1 lemon
- 2 tbsp psyllium husks
- 30g flaked almonds, for topping
- whipped cream and raspberries, to serve

- bowl, pour over just enough water to cover it, then leave it to become solid. Microwave the gelatin until it dissolves and becomes runny, then beat it into the cream cheese mixture. Spoon over the base and place in the fridge until set.
- **4. For the jelly layer:** Place the strawberries and xylitol in a pot with 2 cups of water. Over a gentle heat, stir until dissolved, then use an immersion blender to blitz the mixture until smooth. Pour through a sieve into a bowl.
- **5.** Place the gelatin in a small bowl, add just enough water to cover it, then leave to become solid. Microwave until runny, then add to the strawberry mixture. Allow to cool before pouring over the cheesecake, then refrigerate overnight or until jelly is very firm.
- **6. To serve:** Dollop the cream on top of the jelly and serve topped with extra berries.

- 1. Preheat oven to 180°C.
- **2.** Place all the ingredients, except the flaked almonds, cream and raspberries, into a bowl and beat until well combined.
- **3.** Place teaspoonfuls of the mixture about 1.5cm apart on a greased baking tray and top with flaked almonds.
- **4.** Bake for 15–20 minutes until puffed and just golden.
- **5. To serve:** Sandwich cookies together with a mixture of whipped cream and raspberries.

CHRISTMAS CASSATA SERVES 8

- 2kg double cream yoghurt
- 70g xylitol
- 100g raspberries, blitzed until smooth
- 2 tbsp cocoa powder, dissolved in a little warm water



- 60g 80% dark chocolate, melted
- pomegranate rubies, to garnish
- pistachio nuts, to garnish
- **1.** Place the yoghurt in a bowl with the xylitol and beat until smooth and well combined.
- **2.** Divide the mixture evenly between 3 bowls, then stir the blitzed raspberries into the first bowl of yoghurt until completely combined, stir the cocoa into the second bowl of yoghurt, and leave the third bowl plain.
- **3.** Oil a 2L mould, alternate pouring a little of each mixture into the mould to form layers and continue until all three mixtures have been used up, and a marble effect has been created.
- 4. Freeze the mould overnight.
- **5. To serve:** Dip the mould into a bowl of warm water and unmould it onto a serving platter. Drizzle with the chocolate and garnish with rubies and nuts.



Tasty and tender pork loin Crispy on the outside and succulent on the inside, this delicious pork loin is stuffed with a mixture of sweet and sage.

pepper, spinach, feta and sage.

ork loin is a truly impressive - vet cost-effective and simple - roast to prepare when entertaining. Its thick laver of skin and fat make delicious crackling, while ensuring that the meat remains succulent and flavourful. You can save vourself time in the kitchen by asking your butcher to prepare the joint for you by chining the backbone, scoring the skin and making the incision for the stuffing.

tips for cooking pork chops

TIP 1: Salting the pork fat for 1 hour before cooking removes excess water from it, allowing for very crispy crackling.

TIP 2: To ensure the skin and fat do become crispy, start roasting on a high heat, then reduce the temperature to cook the meat.

TIP 3: For the vegetables: Add baby leeks and baby fennel bulbs to the roasting pan while cooking. Avoid overcooking them by adding them to the pan just 30 minutes before the end of cooking time.

TIP 4: If you want, you can use orange zest in place of lemon zest for a more subtle flavour.

STUFFED LOIN OF PORK

SERVES 6-8

- 1,3–1,5kg loin of pork, bone in, approximately 6-8 chops
- coarse sea salt

FOR THE STUFFING

- 2 tbsp coconut oil
- 2 cloves garlic, chopped
- 1 small onion, chopped
- 1 small yellow or red sweet pepper, chopped
- 200g spinach
- 70g feta, crumbled
- grated zest of ½ lemon
- 30g pomegranate rubies
- 10g fresh sage, chopped
- 1 tbsp dijon mustard
- himalayan salt and black pepper

Step one

Place the pork on a board and sprinkle the scored fat with coarse sea salt. Return to the fridge and allow to stand for 1 hour, uncovered. Remove



from the fridge and pat off any moisture from the fat with paper towel. Preheat the oven to 220°C.

Step two

For the stuffing: Heat a frying pan, add the coconut oil and sauté the garlic, onion and sweet pepper until soft and golden, then remove and place in a bowl. Add the spinach to the same pan and cook until wilted. Remove the spinach, squeeze all the water from it, then chop it. Add the spinach to the ingredients in the bowl, along with the feta, lemon zest, rubies, sage and mustard. Season well and stir to combine.

Step three

If you are making the incision for the stuffing, use a knife to cut a pocket into the thickest part of the loin. Cut from both ends until the pocket extends the entire length of the rack.



Step four

Push the stuffing into the pocket using a small wooden spoon, until it is firmly packed. Place the pork in a roasting pan and roast for 20 minutes at 220°C, then reduce the temperature to



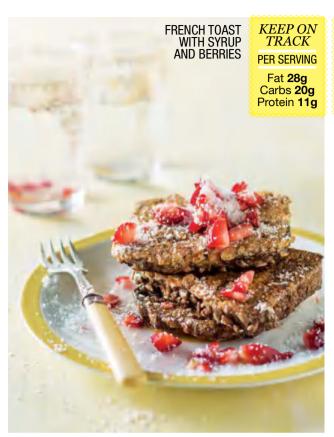
190°C and roast for 1 hour, or until the pork is cooked through.

PHOTOGRAPHS: ANÈL VAN DER MERWE











SPICY BREAKFAST WRAPS SERVES 6

6 banting wraps, toasted

FOR THE FILLING

- ½ cup sour cream
- 1 tbsp coconut oil
- 10 eggs, beaten
- 300g cherry tomatoes, chopped
- ½ red onion, finely chopped
- 1 jalapeño chilli, chopped
- 2 avocados, peeled and sliced
- himalayan salt and black pepper
- 10g fresh coriander
- extra jalapeño chilli, sliced, to garnish
- **1.** Place the wraps on a surface and spread a little sour cream on them.

- 2. Heat the coconut oil in a pan and scramble the eggs to your liking. Top each wrap with a dollop of scrambled egg, then add tomato, onion and chilli and sliced avocado. Season to taste.
- **3. To serve:** Serve immediately, garnished with fresh coriander and extra chilli.

CHEESY GEM SQUASH AND SWEET POTATO FRITTERS

SERVES 6

- 4 gem squash, cooked
- 350g sweet potato, parboiled and grated
- 70g parmesan cheese, grated
- 2 tsp psyllium husks
- himalayan salt and black pepper
- · coconut oil, for frying

TO SERVE

- sour cream, sliced red onion, chopped chives and roasted vine tomatoes
- **1.** Scrape the flesh out of the squash and place it in a clean dishtowel. Squeeze to remove any excess water, then place in a bowl. Add the sweet potato, parmesan and psyllium husks, season to taste and stir well.
- 2. Heat a big dollop of coconut oil in a pan, drop spoonfuls of the mixture into the pan to form rounds. Fry for 3 minutes on either side until golden and cooked through, and a crust has formed on the outside. Remove and drain on paper towel.
- **3. To serve:** Serve fritters topped with sour cream, onion, chives and vine tomatoes.

FRENCH TOAST WITH SYRUP AND BERRIES

SERVES 6

- 3 eggs
- 1 tsp ground cinnamon
- 2 tbsp ghee
- 1 loaf banting bread, sliced

TO SERVE

- xylitol syrup
- fresh berries
- desiccated coconut
- **1.** In a shallow bowl, beat the eggs and cinnamon together. Heat a little ghee in a frying pan until foaming. Dip two or three slices of bread briefly into the egg mixture (depending on how many you can cook at one time), then add these to the pan.
- **2.** Cook slices on both sides until golden, then remove from the pan and keep warm. Repeat with remaining slices, using the rest of the ghee.
- **3. To serve:** Serve hot, drizzled with xylitol syrup and topped with fresh berries and a sprinkling of coconut.

EGGS WITH CREAMY KALE AND SPINACH SERVES 4

- 2 tbsp coconut oil
- 1 clove garlic, chopped
- 1 small onion, finely chopped
- · 200g kale leaves
- 100g baby spinach
- 1 cup cream
- himalayan salt
- black pepper
- 4 jumbo eggs
- 50g goat's milk feta, crumbled
- fresh thyme, to garnish
- paprika, to sprinkle



- **1.** Heat the oil in a pan, add the garlic and onion and sauté until golden.
- **2.** Toss in the kale and spinach leaves and cook until wilted. Add the cream, stir gently to combine, then cook until slightly reduced and thickened. Season and place in a small, shallow ovenproof dish or pan.
- **2.** Preheat the oven to 180°C. Make four indentations in the spinach mixture and crack the eggs into the indentations.

- **3.** Bake in the oven until the eggs are set, about 10–15 minutes, then remove from the oven and sprinkle feta over the top.
- **4. To serve:** Serve warm, garnished with thyme and paprika.

NUT AND CREAM CHEESE ROLL

SERVES 4

- 100g walnuts
- pinch cayenne pepper

- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp xylitol
- himalayan salt and black pepper
- 1 egg white, beaten
- 120g mature cheddar, grated
- 120g cream cheese, softened
- 5g chives, chopped
- banting bread or crackers, to serve
- pomegranate rubies, to garnish
- 1. Preheat the oven to 150°C. Place the walnuts in a bowl, add the spices and xylitol, season well and toss to coat, then add the egg white and stir well. Spread mixture on a lined baking tray and bake for 15 minutes, or until golden and crispy. Allow to cool then chop finely.
- 2. Mix the cheddar, cream cheese and chives together in a bowl. Sprinkle the chopped nuts onto a 30x30cm muslin cloth; shape the cheese mixture into a sausage shape and place on top of the chopped nuts. Roll the cheese so the nuts cover it, then firmly roll it up in the cloth, twisting the ends like a sweet wrapper. Refrigerate until firm.
- **3. To serve:** Unroll the cheese and serve sliced with banting bread or crackers, then scatter pomegranate rubies over the top.

AVOCADO AND KALE SMOOTHIES SERVES 6

- 2 avocados, peeled and cubed
- 50g baby kale leaves, chopped
- 1 small cucumber, peeled and de-seeded, then chopped
- 2 cups coconut milk
- 1 tbsp xylitol
- 2 cups crushed ice cubes
- zest and juice of 1 lemon



- **1.** If you have a large blender, place all the ingredients in it, except for the lemon zest, and blend together. Otherwise, blend equal amounts of the ingredients in batches in your blender.
- **2. To serve:** Serve immediately in glasses, garnished with zest.

BERRY AND COCONUT ICES SERVES 6

- 1½ cups coconut cream
- 1 cup buttermilk
- 40g xylitol

- 2 tsp chia seeds
- 50g mixed berries
- pomegranate rubies, to serve
- · extra fresh berries, to serve
- **1.** In a bowl, whisk together the coconut cream, buttermilk and xylitol, then stir in the chia seeds and berries.
- **2.** Line hollows in a muffin pan with 6 large paper cups or 12–18 small ones. Pour the mixture into the paper cups and freeze for 4 hours, or until firm.
- **3. To serve:** Serve immediately, topped with pomegranate rubies and berries. ■











EGGS FILLED WITH CREAMY AVOCADO SERVES 6

12 eggs, hard-boiled and shelled

FOR THE FILLING

- ½ avocado, peeled and cubed
- ¼ cup homemade mayonnaise
- · 2g fresh coriander
- 1 tsp apple cider vinegar
- ½ tsp xylitol
- himalayan salt
- black pepper
- · sliced chilli, to serve
- chopped red onion, to serve
- **1.** Halve the eggs and remove the yolks. Place the yolks in a blender with the other filling ingredients, blitz until smooth and season well.

- **2.** Place filling in a piping bag and fill the eggs, then refrigerate them for 20 minutes to allow the flavours to develop.
- **3. To serve:** Serve eggs chilled, topped with sliced chilli and chopped onion.

CUCUMBER ROLLS WITH TUNA

SERVES 6

- 200g fresh tuna, cut into small cubes
- 1 x 5cm knob ginger, finely chopped
- juice of 1 lime
- himalayan salt
- white pepper
- 2 english cucumbers, sliced into wide ribbons
- 1/4 cup homemade mayonnaise
- fresh limes, to serve

- **1.** Place the tuna, ginger and lime juice in a bowl, season to taste and stir.
- **2.** Place the cucumber strips on a board. Put a small dollop of mayonnaise at one end of each strip, top with a tablespoonful of tuna, roll up, secure with a bamboo skewer and add a little extra tuna to the roll, to top it up.
- **3. To serve:** Serve with extra fresh lime.

PARMESAN-AND-NUT CRISPS WITH ROSEMARY SALT

SERVES 6

- 150g parmesan, grated
- 50g almonds, finely chopped
- 5g fresh rosemary, finely chopped
- 1 tsp himalayan salt

- 1. Mix together the parmesan and almonds.
- 2. Preheat the oven to 180°C. Place spoonfuls of the mixture on a lined baking tray, widely spaced apart.
- 3. Bake for 7-10 minutes or until flat and golden. Remove from the oven, allow to cool slightly, then lift off the baking tray using a spatula.
- 4. Mix the rosemary and salt.
- 5. To serve: Serve crisps in paper cones and sprinkle with rosemary salt.

WRAPPED SPINACH-AND-APPLE BALLS

SERVES 6

FOR THE BALLS

- 100g baby spinach, chopped
- 100g kale leaves, chopped
- 1 small green apple, finely grated
- 100g cream cheese, softened
- 50g parmesan cheese, grated
- pinch of nutmeg
- 1 tbsp psyllium husks
- 1 egg, beaten
- 250g streaky bacon
- · homemade mayo, to serve
- 1. Cook the spinach and kale until soft, then squeeze out all the water. Place in a bowl with remaining ball ingredients and stir to combine. Form into balls and refrigerate until firm.
- **2.** Preheat the oven to 180°C. Slice the bacon lengthways into strips. Wrap a strip around each ball and secure with a toothpick.
- 3. Place on a lined baking tray and bake for 20 minutes, or until bacon is crispy.
- 4. To serve: Serve warm with homemade mayonnaise.

BAKED NUTTY CAMEMBERT

SFRVFS 6

- 2 cloves garlic, finely sliced
- 2 x 125g rounds camembert (preferably in wooden cases)
- 50g mixed nuts (almonds, pistachios, macadamias), roughly chopped
- 2 sticks fresh rosemary, chopped
- 1/4 cup white wine
- · radishes, to serve
- 1. Preheat the oven to 180°C.
- 2. Push slivers of garlic into the cheeses. Combine the nuts and rosemary, place on top of the cheeses, and pour the wine over the top.
- 3. Bake for 15-20 minutes, or until golden and oozing.
- 4. To serve: Allow to cool slightly, then serve warm with radishes for dipping.

COURGETTE BROWNIES SERVES 6

- 60g butter, softened
- 50g 85% dark chocolate, melted
- 60g finely grated courgettes
- 1 tsp vanilla extract
- 3 extra-large eggs
- 80g xylitol
- 30g cocoa powder
- 60g almond flour
- 1 tbsp psyllium husks
- pinch himalayan salt
- · double cream yoghurt, to serve
- fresh raspberries, to serve
- cocoa powder, to dust
- 1. Preheat oven to 180°C. Mix butter, chocolate, courgette, vanilla and eggs in a bowl.
- 2. Add remaining ingredients and beat until well combined.



- **3.** Transfer mixture to a 21cm square baking tin and bake for about 25 minutes or until firm on top but still a little soft inside.
- 4. Allow to cool completely, then remove from tin and cut into star shapes or squares.
- 5. To serve: Top with yoghurt and raspberries, and dust with cocoa powder, or serve with a dollop of banting ice cream. ■



- food -----

JUSTINE KIGGEN

festive COCKTAILS

CUCUMBER VODKA BLITZ

SERVES 4-6

- 2 cucumbers
- 5g fresh mint
- 2 tbsp xylitol
- 125ml vodka
- ice cubes, to serve
- 1. Halve the cucumbers and remove the seeds. Chop the flesh roughly and place in a blender with the mint and xvlitol. Blitz until smooth.
- 2. Place a fine strainer over a large bowl and pour the liquid through the strainer. Add the vodka and chill.
- 3. To serve: Fill glasses with ice cubes and add cucumber and vodka mixture.

WHISKY ROOIBOS ICED TEA

SFRVFS 4-6

- 1.2L prepared rooibos tea, chilled
- 10g fresh mint
- 2 tbsp xylitol
- 2 lemons, thinly sliced
- 125ml whisky
- · ice cubes, to serve
- 1. Pour the rooibos tea into a large jug, add the mint and xylitol and stir well to combine.
- 2. Add lemon slices and whisky and gently stir again.
- 3. To serve: Put some ice cubes in each glass, fill up the glasses with iced tea and serve immediately.

TEOUILA WITH **RASPBERRY CRUSH**

SFRVFS 4

- 4 shots tequila
 - 100g frozen raspberries, lightly crushed
 - lime wedges, to serve
 - 1. Pour the tequila into 4 shot glasses and spoon crushed raspberries into slightly taller glasses.
 - 2. To serve: Serve immediately with lime wedges.



PER SERVING

Fat 0g Carbs 3g Protein 0g

POMEGRANATE MARTINI

KEEP ON TRACK

PER SERVING

Fat **0g** Carbs 3g Protein 0g

SPARKLING WINE WITH **BERRIES AND ROSE PETALS**



KEEP ON TRACK

PER SERVING

Fat **0g** Carbs 4g Protein 0g

TEQUILA WITH RASPBERRY CRUSH



KEEP ON **TRACK** PER SERVING

Fat **0g** Carbs 3g Protein 0g

RUM AND COCONUT WITH BASIL SUGAR

- SERVES 4
- 5g fresh basil, finely chopped
- 1 tsp xylitol
- 1 lime
- 500ml coconut water, chilled
- 400ml coconut milk, chilled
- 2 tbsp xylitol
- 125ml rum
- **1.** Place the chopped basil on a saucer, add the 1 tsp xylitol and combine.
- **2.** Cut a wedge of lime and gently run it around the rim of the glasses. Then invert them one by one onto the saucer of basil and xylitol to coat the rims with the mixture.
- **3.** Put the coconut water, coconut milk, 2 tbsp xylitol and rum in a blender and blitz to combine.
- **4. To serve:** Pour the mixture into the glasses and serve immediately with the remaining lime, cut into slices.

WHISKY

ROOIBOS

WHITE WINE AND APPLE SPRITZER

MAKES 2L

- · fresh organic lemon leaves
- 1 small green apple, finely sliced
- 1L soda water, chilled
- 750ml dry white wine, chilled
- ice to serve
- fresh mint and thyme, to serve
- **1.** Place the lemon leaves and apple slices in a large jug or punch bowl. Add the soda water and wine and stir well to combine.
- **2. To serve:** Fill glasses with ice, add some thyme and mint, pour in the spritzer and serve immediately.

KEEP ON TRACK PER SERVING

Fat **2g** Carbs **5g** Protein **0g**

KEEP ON

TRACK

PER SERVING

Fat 0a

Carbs 1g

Protein 0a

RUM AND COCONUT WITH BASIL

SPARKLING WINE WITH BERRIES AND ROSE PETALS

SERVES 4

- 100g mixed berries
- · handful fresh organic rose petals
- 1 bottle sparkling wine, chilled
- **1.** Place the berries and rose petals in the base of 4 glasses.
- **2. To serve:** Add sparkling wine and serve immediately.

POMEGRANATE MARTINI SERVES 4

- 100ml gin
- 1 tbsp vermouth
- 250ml coconut water, chilled
- ice cubes
- pomegranate rubies
- **1.** Place the gin, vermouth, coconut water and ice in a cocktail shaker and shake to combine.

2. To serve: Pour the mixture into chilled martini glasses and garnish with rubies.

CUCUMBER VODKA BLITZ

KEEP ON

TRACK

Fat **0g**Carbs **1g**Protein **0g**

VOLUME 10 2015 LOSE IT! 17





uring the month of February we will be all about Home and Food, and vou can take your pick from various events and happenings hosted by your favourite magazines in Gauteng and Cape Town.

That's right:

- 30 days of food & drink
- 30 days of ideas & inspiration
- 30 days of celebration & celebrities
- 30 days of giveaways & promotions
- 30 days of shopping & discounts

The February countdown culminates in a fabulous 30 Days of Home + Food live weekend and you are invited to come and meet your favourite magazine team and experience the pages of our magazines coming to life in front of your very eyes.

buy your tickets now!

R150 per person for either a morning or an afternoon session www.30days.co.za

INTRODUCING







Friday 4 March 2016 - Sunday 6 March 2016 Gallagher Convention Centre,







The biggest, most exciting and inspiring magazine event to hit our shores, hosted by South Africa's leading women's magazines.

FAIRLADY TRUELOVE idees ideas Kuier LOSE IT! Lééfacie Move! KOS tuis home

www.30days.co.za





the people

- Bobby & Karlien van Jaarsveld
- Suzelle DIY
- Marc Lottering
- Pete Goffe-Wood
- Anele Mdoda
- Vuvo Dabula
- Cass Abrahams
- Shaleen Surtie-Richards
- Rebecca Malope
- Deon DIY

the line-up

- Cooking demos with your favourite food eds and celebs
- Style sessions and trend talks
- Craft and DIY
- Meet the people behind your favourite magazines in their reader lounges
- Shop the show at the curated *Ideas* trunk show, the cooks and books stand and various other pop-up event pods
- Indulge in gourmet food
- Stock up on LCHF products at the banting market
- Sip a glass of MCC at the Graham Beck Wine Bar
- Gift bag for each reader



Grab your chance to meet one of South Africa's best-loved TV chefs! **PETE**

GOFFE-WOOD

and LOSE IT! food editor
JUSTINE
KIGGEN





- Visit us at our Banting Bazaar: eat delicious LCHF food, stock up on LCHF goodies, and swap tips with other banting enthusiasts!
- Don't miss out get your ticket, for only R150, from www.30days.co.za. Choose whether you'll attend the morning or afternoon session.
- · Demo times: 8.30am and 2pm daily











FEB | MAR 2016

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- Mini coffee cocoa tarts VOL4 P72
- Mixed berry yoghurt dessert VOL1 P82
- Nutty courgette loaf VOL4 P53
- Pistachio ice cream VOL5 P78
- Raspberry coconut ice VOL7 P70
- Soft almond cookies VOL10 P58
 Steamed chocolate custards
- VOL8 P51
- Syrupy lemon & almond cake VOL6 P75

- Toasted coconut marshmallows VOL7 P70
- Yoghurt and apple popsicles
 VOL2 P81
- Yoghurt rose panna cotta with a berry jelly VOL5 P76

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- Asian-style open omelette VOL2 P56
- Avocado, roast sweet potato and tomato salad VOL2 P56
- Baked ricotta, hazelnut and artichoke pots VOL9 P67
- Banting roulade filled with red pesto broccoli & cream cheese VOL3 P68
- Beetroot & tomato tart VOL5 P60
- Braised cabbage VOL3 P72
- Broccoli pilaf VOL3 P9
- Brussels sprouts, roast pumpkin & fennel salad with a creamy dressing VOL5 P31
- Cauliflower cheese VOL6 P57
- Cauli pizzas with tomato, blue cheese and walnut topping VOL9 P52
- Celery and blue cheese soup with crispy sage VOL9 P67
- Chargrilled eggplant & macadamia salad with yoghurt dressing
 VOL5 P62
- Coconut cream curried vegetables
 VOL8 P72
- Cucumber & courgette salad with egg mimosa VOL5 P60
- Curried pumpkin frittata VOL9 P51
- Fennel & radish salad VOL3 P21
- Gourmet banting pizza VOL2 P54
- Grilled aubergine salad VOL1 P67
- Grilled eggplant stacks with tahini dressing VOL9 P57
- Grilled vegetables and ricotta salad with rocket pesto VOL1 P69
- Mozzarella, pesto and tomato stack VOL1 P68
- Roast aubergine with feta & yoghurt rocket dressing VOL6 P59
- Roast cauliflower & broccoli salad with a creamy dressing VOL4 P58
- Roasted tomato soup VOL6 P48
- Spicy cauliflower salad with poached egg VOL5 P60
- Spicy roast cauliflower in lettuce cups VOL2 P54
- Spinach & courgette quesadillas
 VOL5 P61
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- Spinach with curd cheese and fresh tomato topping VOL8 P50
- Streusel-topped roast vegetable bake VOL7 P44
- Stuffed baked onions VOL8 P58
- Stuffed brinjals **VOL8 P66**
- Stuffed tomatoes VOL3 P54

- Tomato salad with halloumi & pistachio gremolata **VOL5 P62**
- Vegetable omelette VOL1 P67
- Winter vegetable bake VOL8 P60

OTHER

- Avocado and kale smoothies VOL10 P66
- Banting wraps VOL8 P44
- Cucumber vodka blitz VOL10 P72
- Low carb pizza VOL1 P79
- Pomegranate martini VOL10 P73
- Rum and coconut with basil sugar
 VOL10 P73
- Sparkling lime water VOL10 P50
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- Tequila with raspberry crush
 VOL10 P72
- Whisky rooibos iced tea VOL10 P72
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 VOL10 P73

SOUPS

- Broccoli & basil pesto soup with beef meatballs VOL3 P72
- Cauliflower and caraway soup with coriander oil VOL2 P52
- Celery and blue cheese soup with crispy sage VOL9 P67
- Chilled watercress and avocado soup with radish salt VOL10 P54
- Classic brown onion soup VOL7 P66
- Creamy cauliflower soup with a drizzle of truffle oil VOL3 P62
- Creamy cauliflower soup with bacon bits VOL6 P57
- Curried spinach, fennel & coriander soup with voghurt VOL7 P66
- Hearty tomato soup **VOL7 P66**
- Minestrone-style soup with herbed ricotta dumplings and shredded chicken VOL7 P67
- Roasted tomato soup VOL6 P48
- Roasted red pepper soup VOL2 P52
- Smoked haddock and tomato soup VOL2 P52

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- Aubergine & yoghurt dip VOL3 P21
- Aubergine parmesan chips with creamy pesto-style dip VOL4 P78
- Baba ganoush VOL5 P70
- Baked nutty camembert VOL10 P71
- Beetroot tzatziki VOL5 P70
- Biltong dip VOL9 P73
- Cauliflower dolmades **VOL5 P72**
- Chicken liver pâté VOL9 P72
- Courgette & fennel fritters with snoek pâté VOL5 P71
- Courgette bhajis VOL6 P26
- Courgette brownies VOL10 P71
- Courgette pesto dip **VOL5 P70**
- Cucumber & trout with saffron mayonnaise VOL4 P77

classifieds



- Cucumber rolls with tuna VOL10 P70
- Egg & courgette muffins VOL3 P21
- Eggs filled with creamy avocado
 VOL10 P70
- LCHF scotch eggs VOL6 P26
- Mini pizzas VOL6 P26
- Mixed nut-coated cheese balls
 VOL 5 P71
- Nut and cream cheese roll VOL10 P65
- Parmesan-and-nut crisps with rosemary salt VOL10 P70
- Pork terrine VOL9 P72
- Red pepper and tomato dip VOL9 P73
- Roast beef nori rolls with pesto & asparagus VOL4 P78
- Roasted spiced macadamia nuts & pumpkin seeds VOL6 P26
- Skewered beef koftas with mixed tomato and cucumber pickle
 VOL5 P70
- Smoked angel fish pâté VOL9 P73
- Spicy curry mince stuffed peppers
 VOL5 P72
- Stuffed mushrooms with creamy bacon VOL4 P78
- Wrapped spinach-and-apple balls
 VOL10 P71

RUBS & MARINADES

- Minted greek yoghurt marinade
 VOL7 P48
- Zesty herb and lime marinade VOL7 P48
- Spicy sundried tomato marinade VOL7 P48
- Italian rub VOL7 P49
- Indian rub VOL7 P49
- Spanish rub VOL7 P49

WHAT CAN I EAT?



MEAT

As far as possible, choose grass-fed or organic meats. Enjoy the fat and the skin!

.....

- Bacon (try to find charcuterie bacon, if possible without nitrates and nitrites, and with the lowest carb content – which means the least sugar)
- Biltong (for powdered, grind your own)
- Beef
- Chicken
- Duck
- Game
- Lamb
- Offal
- Pork
- Turkey
- All home-cured meats (if buying cured meats, avoid sugar and strange chemicals)
- Sausages containing only meat and spices (no MSG or fillers like gluten, rusk, soy, sugar and so on)

EGGS

Any way you like, for breakfast, lunch and dinner. Real organic eggs are definitely best, if you can find them.

FRUIT*

- Avocado
- Berries
- Coconut

FISH/ SEAFOOD

(on the SASSI green list, of course!)

The oilier the better:

- Anchovies
- Angelfish
- Calamari (squid)
- Dorado
- Haddock
- Hake
- Kob
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snoek
- Trout
- Tuna
- Yellowtail

DRINKS

- All teas (with no milk)
- Coffee (with cream or butter, not milk)
- Sparkling water
- Water

VEGGIES

Rule of thumb here is, if it grows above ground, it's generally okay.

- Artichokes
- Asparagus
- Aubergine (brinjal, eggplant)
- Broccoli
- Brussels sprouts
- Cabbage
- Cabbage
 Cauliflower
- Celery
- Courgettes (baby marrows or zucchini)
- Cucumber

- Green beans
- Kale
- Lettuce
- Mangetouts
- Marrows
- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snaps/snow peas
- Tomatoes

SWEET THINGS

- Erythritol
- Stevia
- Xylitol (good quality)

FATS

- · Animal fats
- Avocado oil
- · Beef and lamb tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Dripping
- Duck fat
- Extra virgin olive oil
- Ghee
- Lard
- Macadamia oil
- Mayonnaise (homemade only, using the right oils)

FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

SEEDS

- · Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

NUTS*

- Almonds
- Brazils
- Hazelnuts
- Macadamias
- Pecans
- Pine nuts
- Walnuts

DAIRY* (all full fat)

While you are trying to lose weight, it may be better to cut out all dairy other than butter. By the way, unsalted butter is delicious in coffee!

- Blue cheeses
- Butter
- Cream (preferably double)
- Cream cheese
- Double cream yoghurt
- Feta cheese
- Ghee
- Parmesan cheese
- All other high-fat cheeses

*

If you're eating all the right things and still not losing weight, you may be eating too many nuts, too many berries or too much dairy or protein.

Try to cut back and see how it goes.

LOSE IT!

These lists are always a work in progress – please feel free to share any new discoveries you make on your LCHF journey with us!

SOMETIMES

ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sparkling wine
- Tequila
- Vodka
- Whisky

SWEET THINGS

- Dark chocolate
 (80% and above cocoa content and only very occasionally)
- Honey (no more than 1 tsp at a time, very occasionally – use honey strictly for cooking, otherwise it will seduce you back into sugar cravings in no time!)

NUTS

Cashews

FRUIT

 All fruit other than berries

VEGGIES

- Beetroot
- Butternut
- Carrots
- Sweet potato

DAIRY

• Milk (only full cream and only very occasionally)

NEVER

ALCOHOL

- Anything labelled 'lite'
- Beer
- Cider
- Cocktails
- Sugary liqueurs

VEGGIES& PULSES

- Beans
- Chickpeas
- Dried beans
- Lentils
- Parsnips
- Peas
- Potatoes

SWEET THINGS

- Agave
- · Any artificial sweeteners
- Biscuits
- Cakes

- Chocolate (less than 80% cocoa content)
- · Energy drinks
- Fizzy drinks
- Fructose
- Fruit juices
- HFCS
- Ice cream (unless it's LCHF!)
- Malt
- Pastries
- Sugar
- Sweets
- Syrup

MEATS

- Lunch meats
- Processed meats
- Vienna sausages

DRIED FRUIT

• All of it

NUTS

• Peanuts (they're not really nuts)

SOY

- Edamame beans
- Tofu
- All soy including sausages, etc

FATS

- Canola oil
- Cottonseed oil
- Flaxseed oil
- 0-----
- · Grapeseed oil
- Hemp oil
- Margarine
- · Sesame oil
- Rapeseed oil
- Safflower oil
- Soybean oil
- Sunflower oil

GRAINS & CEREALS

- All whole grains
- Amaranth
- Barley
- Bread
- Breakfast cereals
- · Bulgur wheat
- Corn
- Couscous
- Crackers
- Millet
- Muesli
- Oats
- Pasta
- Popcorn
- PorridgeQuinoa
- Rice
- Rye
- Spelt
- Wheat

In total I am down 7.5kg.
Very pleased with my weight loss. The lessons are so well-structured – thank you.
Loving my shopping list and menu!

NATALIE

Wow, what a fun way to live!! I now weigh 73.3kg, not yet goal weight but my size 14 clothes are falling off

with the

MARY

buttons and zips closed!
All ladies out there, persevere – it works!

WANT TO LOSE WEIGHT quickly?

Then sign up for LTL – the 6-week online Low-Carb, Healthy Fat meal programme especially designed for women.



6 It's my second week. Started on 82.6kg – now 77.6. So happy with my progress. The best R600 ever spent! 9

SIGN UP TO LTL TO CHANGE YOUR LIFE AND HEALTH FOREVER - www.loseit.co.za

WRULES of banting

- **REMEMBER** this is not a high-protein diet. It's a highfat, medium-protein, low-carb way of eating.
- **CHOOSE** real foods that look like what they are, and cook them from scratch.
- NO SUGAR it's best to go cold turkey. But if you need to make a transition, substitute with stevia, xylitol or erythritol NOT artificial sweeteners.

- NO GRAINS of any kind.
- **FAT** is not the enemy. Eniov it!
- **STOP SNACKING** You won't need to - it's iust a habit.
- **EAT ONLY** when you are hungry; eat until you are satisfied – then stop.

- **EAT EGGS** thev're healthy, satisfying and very good for you.
- NO (or very, very little) FRUIT

Think of it as a sweet rather than as a healthy snack.

DON'T EAT when you're not hungry. You won't die if you occasionally skip a meal you don't feel like eating.

LOSE IT! DISCLAIMER

- 1. You mustn't use the content in Lose It! as a substitute for medical advice from a healthcare professional. You should seek medical advice from a qualified professional before starting any weight-loss programme. 2. Both the Lose It! website and the magazine (which we sometimes refer to as Lose It!) provide educational information on weight-loss management and are intended to assist users in weight loss. Lose It! is not a medical organisation and cannot give medical advice or a diagnosis.
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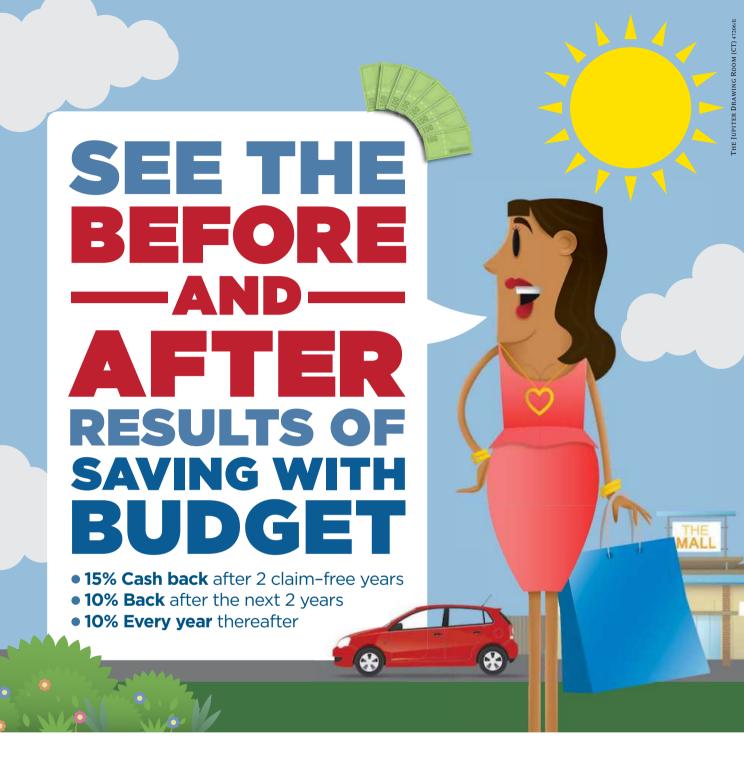
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